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Ansvarig utgivare: Swami Dhyan Giten

The Silent Whisperings of the Heart

Swami Dhyan Giten

*To
Sven and Essy,
my parents,
who taught me
what love is*

Contents

Song of Meditation	5
- An interview with Swami Dhyani Giten	
1. Intuition & Heart	17
2. Healing	23
3. Roots and wings: The inner man and woman	30
4. Relationships	39
5. Love	45
6. Presence	51
- Working from within: working with people from love and awareness	
7. Creativity	63
8. Meditation – A “Yes” to Life	69
9. Awareness	84
10. Silence	97
11. Truth	98
12. Wisdom	102
13. Enlightenment	104
- One with the Whole	
14. In-spiration – Daily meditation	116

Foreword

It has been now more than 22 years since I first met Swami Dhyan Giten and we established our timeless friendship. It was on a sunny July afternoon on a street in Stockholm in 1982. It was my first of several trips there during the 80s and early 90s. He was with his then girlfriend and I stopped them to ask a question. Very quickly the conversation became warm and friendly and they invited me to join them for a coffee.

It is certainly true that the seed, the beginning, determines the fruit. It is more than curious and certainly not random coincidence, that pretty much that was how most of our meetings took place through the years. We would run into each other, often at places we both frequented, but mostly on the street. And in most cases, if not all, we were both available for the cup of coffee and the conversation of the moment which always seemed to have significance for both of us. It was magical. Whenever I arrived in Stockholm, I knew that within a few days I would run into Giten. And so, I did, again and again and again, throughout the 80s and into the early 90s. Now that I no longer visit Stockholm on any kind of regular basis, we run into each other on the virtual streets of the Internet.

While we were both interested in meditation and both of us conducted groups of various types - in Sweden I worked as much with companies in the creativity and communications field as I did with individuals - the topic that most often was the center of our conversation was the matter of intuition, the inner attention, listening to the whispers of the heart. It's possible that Giten was one of the few who were able to grasp the significance and implications of the inner creative language model I had developed without having to get overly involved in the specifics, although he was quite aware of their existence and validity.

In *The Whisperings of the Heart*, Giten points at the variety of ways in which our inner being expresses itself in terms of our actions and our relationships. He also provides insights in various areas, including of course, those of healing and

intuition, meditation, art and creativity, communications, loving relationships with both friends and family, working with people from love and awareness and spiritual maturity. His comments are both useful as well as joyful and inspirational. More than anything, they motivate us to taste where we may not have fully tasted before, to taste the beyond.

Giten invites us to a celebration, a feast for the soul and delights us and inspires us with capsules of insight and conscious affirmation of the deliciousness of the divine.

Eric Rolf,

International lecturer, course leader,
personal consultant to John Lennon,
Yoko Ono, Paul Simon and Carlos Santana,
author of the book ***Soul Medicine***

Song of Meditation

- An interview with
Swami Dhyan Giten

The inner journey

Can you say something about your own inner journey?

Life is like playing hide the key with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. The heart is the door to allow life to guide us. The heart is the door to say "yes" to life. The heart is the door to surrender to life.

The most valuable insight I have got through my own inner journey is how Existence continuously has guided me towards a greater awareness that life is fundamentally one. Existence has continuously guided me with a greater lovingness and caring than I ever could imagine. Long before I was even aware of it, life has continuously guided me through periods of love and aloneness, joy and sadness, light and darkness, success and failure and negative and positive experiences. My own inner journey towards awareness and meditation has step by step developed the trust, sensitivity and subtle listening, which is necessary to surrender to life and to allow life to be my teacher.

Life is continuously communicating with us and it is a valuable experience to look back and see how life — despite my sleep, unconsciousness, lack of trust and resistance — continuously has guided me towards a greater awareness that life is one. Life has continuously lead me to the people I need to meet, to the situations I need to experience and to the places where I need to be. There has never been any real reason to worry since we are all small rivers already leading to the ocean, to the whole. Awareness is not about swimming faster or fighting with life, it is about relaxing and floating with life in a basic trust that life is already leading towards the ocean of consciousness, towards the whole.

The deepest pain in my heart is to be separated from life, to be separated from the inner song of meditation, to be separated from the Universal song. The most important thing in my life is to discover the inner song of meditation in my own heart and being. Sometimes I hear this song further away, sometimes I hear it closer to me - and sometimes I am one with it. But the most important thing is that I hear it, which shows that I am on the right track.

Being and working with people in courses has also been a meditation in itself for me. It has been a valuable experience in learning to trust and listen to my intuition, to the inner source of love, truth and wisdom, to the Existential voice within. It has been a lesson in how we through our intuition, through the silent whisperings of our heart, are in continues contact with Existence.

An early meeting with death

You began to meditate when you were 15 years old. Can you say something about your own way to meditation?

Early in this life I lost two of the people, who I loved immensely. First when my mother died when I was 15 years old and then when my father died when I was 21 years old. This early meeting with death led to an early spiritual awakening and awoke early the fundamental existential questions in me: "Who am I?" "What is the meaning of life?" and "Where am I going?" It made me ask myself early what is really important and meaningful in life.

This early meeting with death created a fundamental inner feeling of aloneness in me, a sense of not being loved and a feeling of meaninglessness in me. It was an insight for me, when I many years later in a relationship with a woman could express that I felt alone and the other person did not leave me or stopped loving me.

This meeting with death created also early independence and a fundamental sense of aloneness in me. In the beginning this aloneness was only painful and every time I went deeper into love and relationships, it was like death was staring back at me. This made me painfully aware of my own fundamental inner aloneness. It also made me aware that the deeper we go into love, the more we find our own inner aloneness.

This meeting with death also early made my intuition, my inner source of love, truth and wisdom, my inner teacher and guide in life. Instead of being directed from without, of being directed by other people and outer circumstances, it early made me directed from within, from my inner source of love, truth and silence.

It was first after many years that I had short glimpses of another kind of aloneness. It was a meditative aloneness in which I could rest in myself and in my own inner aloneness as a source of love, joy and silence. It was glimpses of a pure aloneness in which I could be so happy and satisfied in myself that I did not need anybody or anything outside of myself. And I also noticed that

this meditative aloneness could be an inner door to that which is larger than myself, that it could be a door to oneness with Existence.

Before I was 15 years old, I was also close to die two times through drowning. I can still remember with crystal-clear sharpness how this experience gave me an ice-cold insight that I will never die. It was an insight that there was something inside myself, which will never die and which is part of the deathless and eternal. This insight shock up my whole image about myself and about life.

This early meeting with death created a kind of spiritual dissatisfaction in me. It created a thirst, a longing and a restlessness in me after something that I could only vaguely sense, but which I did not really know what it was. This spiritual dissatisfaction, this thirst and my own intuition became my beacons far out on an unknown, dark and open sea after something that I did not really know what it was. This led me to begin to meditate when I was 15 years old.

My first passion in life when I was 15 years old was to become an actor, which I also worked with until I was 23 years old. Working as an actor taught me a lot about empathetically understanding other people and about life. It was first after I had worked as an actor for a number of years, that I realized that this early passion for theater was really an unconscious search for a spiritual discipline. It was when I realized that I had been a disciple to the Russian enlightened master George Gurdjieff in my former life, that I understood my early passion for theater. Gurdjieff used intensive theater techniques in his way of working with his disciples to take them from a state of mind to a state of no-mind, to meditation. When I realized this, I began to feel a thirst to be and work with people in a more direct way in awareness and meditation.

Teaching awareness and meditation

What do you work with in seminars and courses?

I do not work with a specific technique anymore — or even a goal. I work with meditation. But not meditation as a specific technique or as a static sitting, but meditation as the capacity to be aware. To do whatever we do with awareness. That is meditation. Awareness is meditation. Awareness is acceptance. Awareness is the capacity to be aware of thoughts, feelings, sensations in the physical body and outer stimuli without evaluation or judgments.

There are basically two different ways of working with people. The first way is personality- therapy and the other way is being therapy. Personality therapy includes what conventionally is described as therapy, which focuses on analyzing and solving the individual's internal conflicts and psychological problems. The focus in being therapy is to awaken and develop the inner being, the inner essence and authentic self, of the individual. The term being therapy is really a paradoxical term, since the inner being is already perfect as it is and needs no therapy. But it is also paradoxical, that at the same time as the inner being is already perfect, it also develops. This is the focus in being therapy.

When I began to work with courses 18 years ago, the emphasis was on a personality level. The emphasis was on personality therapy and to solve the internal conflicts and psychological problems of the individual. But as I went deeper within myself, this level became more and more unsatisfying for me and the emphasis in the courses changed to awaken and develop the inner being, the inner essence and authentic self, the meditative quality within. The emphasis moved from solving the psychological

problems of the individual to find that which is already perfect within a person. The courses did not focus anymore on fighting with psychological games, problems, darkness, drama and defenses on the personality plane, but the courses was about becoming aware, to turn on the inner light. The courses was about realizing the deeper inner potential of the individual to live his or her life with love, joy, trust, intelligence, truth, silence, freedom, wisdom and creativity. The courses were about finding more space and freedom in the movements of the individual. The courses were about living one's own truth.

In the hand of Existence

After teaching awareness and meditation for almost 16 years, I did a course for myself with a therapist. The theme for me in this course was my role and identification with being a therapist and course leader. This therapist said to me: "You do not need positions to be loved". This made me aware about my identification with being a therapist and how much this role was an investment in being special and being loved. This course created a process in me of letting go of my identification as a therapist and I noticed how this awoke feelings in me of not being special and of not being loved for who I am.

This therapist also said to me: "When you let go of leading groups, Existence will invite you to lead groups". This awoke all my fundamental doubts about that I am OK as I am and that life really takes care of me. It was really a period of letting go of my role as a therapist and about finding a deeper trust in life and Existence.

During 6 months, I simply let go totally of courses and the therapist role and left the whole question in the hands of Existence. It was like letting go of this whole question in the trust that if it is authentic and genuine, Existence will support and

upheld it - and if it is not authentic, it will change. After these 6 months, strange things began to happen by themselves. Unexpectedly, it suddenly began to come invitations and support from different directions. At this time, I no longer knew how to do a course. These invitations also resulted in the book ***Song of Meditation — About Meditation, Relationships & Spiritual Creativity*** and in the website Giten's World - A School for the Heart, which has been visited by thousands of people. This made aware that I actually have a deep trust in my heart and being that Existence will use me as a facilitator. Not as an ego gratification, but as an expansion of being, an expansion of love, joy, truth, silence, wisdom and creativity.

I still have a wish that people will understand the difference between saying "yes" and "no" to themselves. But in one of my recent courses, I felt that what I can do is to present two choices and possibilities and then it is up to each person to chose for themselves how they want to live. People are like plants on different stages in their psychological development process towards spiritual maturity and our spiritual growth basically depends on our thirst and commitment to our own growth. Some people will understand what they can of meditation and some people will understand something deeper. I no longer feel identified with if people understand this now, if they understand this in 10 years or if they understand this in the next life.

To be and work with people on a spiritual plane is also the deepest source of joy for me. To be and work with people, who have enough life experience to say "yes" to discover their own authentic inner being, means that I also continuously can go deeper within myself. This also made me aware that I had created a space and an invitation to allow things to happen by themselves through letting go of my identification and involvement with being a therapist and course leader. This allowed me to discover a

deeper trust to Existence. And to those moments when Existence lifts and turns you in an unexpected dance.

The difference between the personality and the inner being, the authentic self

How would you describe the difference between the personality and the inner being?

The human consciousness consists of two general layers: the personality, the psychological I, and the inner being, the authentic self. The personality is the surface of our total consciousness and the inner being is the depth of our consciousness. It is like the relationship between the waves on the surface of the sea and the depth and silence at the bottom of the sea.

The personality is the created sense of "I", which consists of all our accumulated experiences of the past. The personality consists of 3 layers: thoughts, feelings and the physical body. The personality consists of all ideas, feelings, and learned concepts, which we have been taught by parents, by teachers and by society. The personality is also a defense and a separation from life. The personality is a "no"-attitude towards life through our separate ideas, desires, ambitions and concepts.

The inner being, the authentic self, is a "yes"-attitude towards life. The inner being is the door to oneness with life. In the inner being, we begin to experience the original life source beyond the layers of personality. The inner being is the inner place, which is beyond conflict and duality. In the inner being, we can rest in ourselves. We can rest in a presence, in a silence and emptiness, without fighting, without trying.

In this presence, there is no sense of "I". Just a presence, a light, a joy and a truth in the moment. The personality gives us the feeling that we are somebody special, but in reality we are no one at all. And to be nobody is the greatest joy there is. To be a nobody, a presence, a silence, nothingness, is to be one with ourselves. And to be one is to be in joy.

The inner being, the authentic self

Yes and No to Life

Can you say something more about the "yes" and "no"-attitude towards life?

Imagine life as a fast flowing river. In this flowing river we have two possibilities. We can either chose to swim upwards in opposition to the current of the river or we can simply chose to let go and allow ourselves to float with the river.

The first choice is a "no"-attitude towards life and the second choice is a "yes"-attitude towards life. The "no"-attitude means to relate to life through our ego, through our separate ideas, desires, ambitions and preconceived conceptions of how life should be. The "no"-attitude means that we separate ourselves from the continuous flow and change of life. The "no"-attitude is a defense and a separation from life.

When we did some practical exercises in a course about the "no"-attitude towards life, one of the participants exclaimed surprised: "This is exactly how I have always reacted to people and situations". She had not been aware before that this was her automatic way of reacting to life.

Our heart is the door to surrender to life. Our heart is the door to a "yes"-attitude to life. Our heart is the door to learn to say "yes" and to allow life to guide us. The "yes"-attitude means to relate to life through our inner being, through the meditative quality within, through the inner silence and emptiness, through the capacity to surrender to life. The inner being is an openness and availability to life.

The "yes"-attitude is a deep acceptance of the reality of the moment without any desire or wish that the moment should be different than it is. It is to move with life in a deep harmony without expecting life to fit with our ideas and expectations.

An awareness exercise we can use in every moment in life is to ask ourselves if we act out of a "yes-" or "no"-attitude both in relation to ourselves, in relation to other people, in relation to creativity and in relation to life itself.

Meditation, Relationships and Creativity

Can you say something more about the relationship between meditation, relationships and creativity?

Meditation, relationships and creativity are the three life areas. These life areas describe the three areas in life, which creates a rich, creative and satisfying life when all three areas are developed and functions in balance and harmony. The three life areas also describe a balance between the inner and outer world, which simultaneously relates to and enrich each other.

The first life area is meditation, which is about creating a conscious relationship to oneself. This life area is about discovering the authentic inner being, the authentic self, the meditative quality within.

The second life area is relationships, which is about creating a conscious relationship to other people. The second life area is about learning to relate to other people from the inner being, from the authentic self. This life area is about learning to relate to other people in love, joy, trust, acceptance, friendship, playfulness, sincerity, truth, silence and freedom. It is about learning that relationships are not a chain, but an invitation to follow the silent whisperings of our heart. Often we can be when we are alone, but we reduce ourselves together with others. We have forgotten the true nature of love.

Our male and feminine sides express themselves in the form of outer relationships. The second life area also includes developing and embracing both our male and female sides. It is then that the spark of love is lit naturally within ourselves.

The third life area is creativity, which is about finding and developing our inner talents, passions and gifts. The third life area is about learning to follow the silent whisperings of our heart in creativity. It is about expressing our love, joy, intelligence, silence and passion through creativity. This life area also includes the professional area through which we love to express our creativity and which gives us a deep feeling of joy, meaning and satisfaction. The third life area also includes the theme generating and attracting money with the basic understanding that Existence is abundance.

The criteria for how our meditation is growing in our life are that it begins to enrich both our relationships and our creativity. It also means that we develop a balance and harmony between all the three life areas. It is to understand that meditation is not a phenomenon, which is separate from life. It is when the meditative presence and quality begins to overflow from our inner

being, from our inner life source, that we understand that meditation and life are not two separate things. It is then that we understand that meditation and life are one.

1. Intuition & Heart

Intuition means to learn to listen to the silent whisperings of our own heart.

Intuition is our inner teacher, our inner source of love, truth and wisdom, in life.

Intuition basically means to develop a deeper trust in ourselves. Intuition means to develop a deeper trust in our heart and inner being.

Intuition is basically a function of our heart and the heart is the door to develop our intuition.

Intuition is a “yes” to life. Intuition means to develop a trust to life. Intuition means to learn to listen to life. When we allow ourselves to follow the silent whisperings of our heart, the fragrance of love arises.

Life is like playing “hide the key” with God. God has hidden the key and now it is up to us to find the key again. It also takes us a while to realize that the key is hidden in our own heart. Our heart is the door to allow life to guide us. Our heart is the door to say “yes” to life. Our heart is the door to surrender to life.

Intuition means to follow the silent whispers of the inner in a basic “yes” to life.

Life is really very simple. In each moment, we have the opportunity to choose between saying “yes” or “no”, to listen to our intuition, to listen to our true inner voice, the Existential voice within ourselves. When we say “yes”, we have contact with Existence and we receive nourishment, love, joy, support and inspiration. When we say “no”, we create a separation from life and begin to create dreams and expectations of how it should be. We begin to live in the memories of the past and in the fantasies of the future – as if any other time than here and now really could make us happy and satisfied.

Life is our teacher. Life communicates with us all the time and it is a lesson to see how life continuously have led me to the people I need to met, to the situations I need to experience, and to the places I need to be. There has never been any real reason to worry since all small individual rivers are already on their way to the ocean, to the Whole. It is not about swimming, it is about relaxing and to float with the river in a basic trust that life already leads towards the sea of consciousness, towards the Whole.

**Intuition means to develop a trust in
ourselves**

Intuition means to know from within ourselves.
Intuition is our true inner voice, our Socratic
Daimonion, our inner teacher.

Intuition is about being present and taking creative
decisions.

Through learning to listen to our own intuition, it
develops to a constantly available inner source of
love, truth and wisdom. We can close our eyes, go
within, and always receive the right guidance.

Intuition is the art of the moment. Intuition is
always in the moment, in the here and now.

Intuition means to develop a trust in ourselves, a
trust in our own joy, intelligence and creativity, a
trust in our own individuality.

The intellect gives insight, logic and understanding,
the heart gives joy, acceptance, trust, intuition,
compassion, friendship, playfulness, humor,
creativity and a sense of oneness in love and the
inner being gives silence, a rest in ourselves,
meditation and a sense of belongingness with life.

The human heart is a healer, which heals both
others and ourselves.

The human heart operates from two premises: "I
Am Responsible" and "Only Love Works."

Love is what creates the freedom and relaxation to
be who we really are.

The greatest gift we can give to another person is our love.

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being, we already know that life is perfect as it is.

Fear and hate create separation, love and joy creates belongingness and wholeness.

Acceptance means to learn to love and respect ourselves as we are.

Acceptance is to love and embrace everything that we find within ourselves like a mother embraces her child.

When we stop judging others and ourselves, our heart begins to open.

Acceptance means to bring out everything from inside ourselves out in the light.

Everything we give love and attention to grows and develops.

Meditation is the way to develop the inner clarity, which is the base to develop our intuition.

Intuition is a capacity of our heart. Our heart is the door to allowing Existence to guide us, instead of being directed by our ideas, desires and expectations. Since the days of Aristotle's, we have been taught that logic is the only way to reach a solution. But while logic works in a step-by-step-

process to reach a solution, intuition simply takes a quantum leap to a solution without any intermediate steps.

To see life from the perspective of intuition is to have vision. To see life from the perspective of intuition is to see life from the perspective of wholeness. It is to understand that life is basically one and that we are part of life. While the intellect can only see the details, intuition sees the whole. To see life from the perspective of intuition is like looking at life from the summit of the mountain, whereas seeing life only from the perspective of intellect is like looking at life from the foot of the mountain. Through learning to listen to our intuition, we learn to be in contact with the Whole.

We all have the same capacity to develop our intuition. Meditation and love are the basic nourishment to develop our intuition. People with a quality of heart are often intuitive.

Intuition is the art of the moment. Intuition is always in the moment, in the here and now. While the intellect always moves like the pendulum of a clock between the memories of the past and the fantasies of the future, intuition is always in the moment, always in the here and now. The more we develop our inner being, the inner source of love and truth, the inner quality of being here and now, the more we also have access to our intuition.

Intuition is about moving out of our own way. Intuition is about moving out of our limited sense

of “T”. It means moving out of the way of our ideas about how things should be and just be with what is. It is to be with the living reality of the moment.

Our heart is the door to allowing Existence to guide us. Our heart is the door to allowing life to support is in our psychological development process towards spiritual maturity.

Intuition is the voice of our inner being, of our authentic self. Intuition is the Existential voice within ourselves. Through listening to our intuition, we are in contact with the Whole.

Intuition is a trust that if we follow our heart, if we follow our love, joy and truth, the Whole becomes enriched.

Intuition is already in contact with Existence.
Intuition is already in contact with that, which is larger than ourselves.

2. Healing

Within each one of us there is a healer. Healing has always been a way and a deep source of joy for me. Healing is basically our own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness.

Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is. The sheer presence of love is, in itself, healing. It is more the absence of love – than the presence of love –, which creates problems. Healing is a quality, which we can freely share without any ownership. Healing is not something that we can claim as our own; healing is to be a medium, a channel, for the whole.

Healing is a medium through which we can develop our inner qualities of presence, love, joy, intuition, truth, silence, wisdom, creativity and inner wholeness. Healing comes originally from the silence within, where we are already in contact with the whole, with the divine. Healing is what makes us spread our inner wings of love and silence and soar high on the sky of consciousness and touch the stars. Healing is to be in service of God.

People who have a quality of heart and

sensitivity are naturally healing. With some people that we meet, we feel naturally uplifted and inspired. With other people that we meet, we become tired and heavy. With people, who can listen without judging and evaluating, it is easy to find the right words to share problems and difficulties. And with other people, it seems almost impossible to find the right words.

People, who have a healing presence and quality, can support our own inner source of love, truth and silence through their presence. These people also seem to have an intuitive sensitivity to saying the right words, which lift and inspires us. This is the people whose presence can mirror the inner truth, which we already know deep within ourselves.

The human heart is a healer, which heals others and ourselves. It is the hearts quality of love, acceptance and compassion, plus communication through words that creates healing. A word that comes from the heart creates healing. A silent listening with a quality of presence and an accepting attitude creates space for healing to happen.

Without love it is only possible to reach the personality of the other person, to reach the surface and periphery of the other person

The gift of healing comes when we see the

other person with love and compassion. It is the quality of heart, which creates the love and the genuine caring for the other person. When our words are carried by the quality of heart, you can say almost anything to the other person and he will still be able to be open and receptive. But if our words lack the quality of heart, it also becomes difficult for the other person to continue to be open and receptive. Even if a therapist is very skilful, technically, or has a clear clairvoyant ability, and still lacks the natural roots in the soil of the heart, then his words will not touch the heart of the other person.

When I began to work with people almost 22 years ago, it was an insight for me that I really cared about the other person, and that it was this love that was communicated beyond the words to the other person. One of my course participants – who are a teacher – described this very beautifully when he said that he was impressed by my intuition and by my way of conducting therapeutic work – or, as he would rather call this, “giving insights into love”. Love is what allows us to go beyond the surface of the other person and to touch his inner being, his inner essence. Without love, it is only possible to reach the personality of the other person, to reach the surface and periphery of the other person.

Meditation is the way to develop our natural healing abilities. Healing comes originally

from our inner being, from the inner source of silence and wholeness. In the silence, we can let go of all our problems, frustrations, fears, anger and sorrow. Healing happens when we bring everything that we find inside ourselves out into the light. Healing is to embrace and accept everything that we find inside ourselves without judgment or evaluation. Healing happens when we discover an unconditional love and acceptance for ourselves as we are with both our light and dark sides.

A male meditator says that he made a deep insight in a course about what healing is, which has guided him much in life. He says: "I did a course and had been feeling very good during the week before the course. The first two days of the course I still felt very good. But the third day of the course, I began to feel uncomfortable. The question why I suddenly felt uncomfortable arose in me. But instead of asking somebody else, I asked myself this question and the answer I got was: "To receive attention". *Could it be so simple?* I thought, and then I closed my eyes, went inside myself and gave myself attention. Through this I discovered that I could give myself healing. There were also many things that I suddenly understood through this about the question: "What is healing?" It became clear to me that healing is to give attention and that healing and giving attention are synonymous terms".

Healing is not only a specific method, healing is also to invite another person into our own

inner light, to invite another person into our presence, love, joy, acceptance, humor, understanding, playfulness, meditation and silence. Healing can also be a loving word, an understanding glance, a present touch, a silent listening or simply joking with another person and making him or her happy. Humor is also one of the strongest healing powers to see our situation and ourselves in a new and creative light.

When I pursued an education in healing in the USA in 1984, I was told that I had the capacity to become a crown chakra healer, a spiritual healer, to act as a channel and catalyst for spiritual energy from the 7th chakra through the heart. At that time I had no idea what a crown chakra healer really was and since then it has been a continuous process during the last 17 years to deepen and develop my understanding about what a crown chakra healer is. This process has resulted in a way of working I call "Synchronicity – Transmission of the Light", which uses healing and energy work from the Source on a formless level. With this way of working I have worked with groups up to 80 people. It is really a way of working, which goes around the ego and speaks directly to the heart. It allows a person to come in direct contact with his own inner being, with his own life source. With my intellect I still do not understand how this way of working functions. It is not a way of working, which can be understood on a method plane. It is a way of working, which relates

directly to the heart and which can only be understood through insight and experience.

One participant in Gothenburg described his experience of Synchronicity as being like a thousand suns suddenly had been lit in his own consciousness. He says: "It was like an inner explosion, an expansion of my own consciousness – and I felt only love for the other people in the room".

The greatest teacher in healing is nature itself. To be out in the nature is like being surrounded and embraced by love. Trees are also very beautiful people, who have their own innate wisdom and who are already in oneness with Existence. And the sky whispers its silent message that, beyond everything, there is only one sky. A female meditator describes it like there is a basic meditative quality in nature. She says: "There is nothing in nature that questions each others existence like people do. Everything is allowed to exist and everything is allowed to be exactly as it is – and seasons come and go. It is not strange that people love to be out in nature and experiences that they come in harmony with themselves, because, in nature, there is nothing that tries to change them. There is a quality in the air, which can be called a meditative quality".

Healing is to be in the light of our own consciousness. Healing is an inner light, which exist as a natural radiance around a person. This inner light is in itself a healing force

beyond words. This inner light disperses darkness, like when you lit a candle in a dark room and the darkness disappears by itself. This inner light exudes a subtle influence through its mere presence. The more the light in our own consciousness is lit, the more it creates a subtle effect in the world.

3. Roots and wings: The inner man and woman

What are the inner man and woman? Our being consists of two energies: the male and female aspect. Irrespective of if we are a man or a woman, we have both a male and female side.

Life develops through opposite poles and tendencies for example yes and no, joy and sorrow, light and darkness, positive and negative, day and night and life and death. Just as electricity needs both a negative and positive pole for a spark to arise, the human consciousness has also two poles. These two poles are the male and female side. The right side of the body represents the male side and the left side of the body represents the female side.

We all have both a male and female side, which is represented by the right and left side of the body. Our inner male and female sides are expressed on the outside as relationships. Often our longer and deeper relationships with an outer man or woman are a mirror of our own inner man or woman. In every meeting with a man or woman, a conscious or unconscious

comparison occurs with our own inner man or woman. If there is a comparison with our inner man or woman, we fall in love.

Relationships are a development and a dance between our inner male and female sides

A one-sided development of the male side leads to ego, struggle, destructivity and a separation from life. A one-sided development of our female side leads to dependence and passivity. It is when we have developed a balance and harmony between both our male and female side that a new spark of joy, creativity and wholeness arises within ourselves.

The basic problem with the world today is the unbalance between the male and female aspects, the unbalance between our inner and outer world, the unbalance between knowledge and wisdom, the unbalance between intellect and intuition and the unbalance between activity and rest.

Relationships are a development and a dance between our inner male and female sides. It is a balance and a dance between love and freedom, between aloneness and relating, between strength and receptivity, between closeness and distance, between intellect and intuition, between relaxation and activity and between meeting and leaving.

Outer relationships are a mirror of the relationship and communication between our own inner male and female sides.

Outer relationships with a man or a woman are a possibility to understand our own inner man or woman. Outer relationships with a man or a woman are a mirror of the relationship between our own inner man and woman.

Embracing our own inner man and woman means to understand the inner drama that happens between our male and female aspects, which manifests on the outside as relationships.

Love means to understand the drama that happens between the inner man and woman. It means to allow both the inner man and woman to find their creative roots and expression. When we have developed a trust in both our inner man and woman and they can nourish, support, communicate and cooperate with each other, a love begins to flow between them.

Often we are identified with either the inner man or woman, while the other side is hidden and unexpressed.

Outer relationships are a mirror of the relationship and communication between our own inner man and female side. Sometimes one side is dominant, while the other side is submissive. Sometimes one side is developed, while the other side is undeveloped. Sometimes one side takes responsibility for the other side. Both the inner

man and woman need to find their own integrity and independence. When both the inner man and woman takes responsibility for themselves and lives their own truth, a joy and love begins to flow naturally between them.

Through understanding both the inner man and woman, we understand that outer relationships simply mirror the relationship between our inner man and woman. This understanding gives us the opportunity to take conscious responsibility for our choices and our further steps towards spiritual maturity.

Through becoming aware of how the inner man and woman relates and communicates inside ourselves, it creates a joy and satisfaction in the three life areas that they influence: our meditation and inner growth, our relationships and our work and creativity.

The heart is the door to our inner woman. The heart is the door to our inner world. The power chakra relates to the inner man. The power chakra relates to the outer world. Irrespective of if we are a man or a woman, the inner woman is the center of our consciousness. The inner man is the periphery of our consciousness. It is also the inner man that takes care of and protects the inner woman for example through putting up creative boundaries.

The meeting between a man and a woman on the outer plane creates a relationship. This relationship is not a conflict, but they complement each other. The outer meeting between a man and a woman

also creates integration between our own inner male and female sides. It is when our inner male and female sides meet within ourselves that a new spark of love, joy, and wholeness arises within ourselves.

When I meet a woman who matches my own inner woman, I notice that it creates a joy in my heart. It is the joy of recognition, a longing after inner wholeness between my own inner man and woman. It is the inner longing that the outer relationship will help us to reconnect the relationship between our inner male and female sides and makes us whole. In this way our outer relationships becomes a possibility to develop and integrate our inner man and woman in the relationship with an outer man or woman. In this way the outer relationships creates a possibility to learn to love both our outer partner and our own inner male and female side. It is when we develop both our inner man and woman that we find a new harmony and wholeness within ourselves.

Healing means to develop and integrate our inner man and woman so that love can flow between them. To rediscover our own inner source of love, we need to embrace both the male and female sides within ourselves. When these two sides are developed and integrated, a new spark of love, joy, harmony, creativity and wholeness arises within us.

Awareness is an inner harmony between opposite poles and tendencies. Awareness is a choice less consciousness. Awareness is the capacity to

embrace, accept and include both joy and sadness, love and aloneness, light and darkness, male and female qualities and life and death. Through saying “yes” and accepting both tendencies and including whatever aspect that happens in the moment, we meet our unlimited and boundless inner being.

The inner man and woman need to find their own independence and integrity. When both the inner man and woman takes responsibility for themselves and lives their own truth, a joy and love begins to flow naturally between them.

Healing means to develop the inner man and woman so that love can flow between them. Healing is to learn to love both our inner man and woman. It is to learn to live the truth of both the inner man and woman.

I have always been in contact with my inner woman. When I studied psychology at the University, a woman in the class of becoming psychologists said once that she thought that I was the only man in the class that did not despise woman. I have always loved and respected my inner woman, which have also created a genuine love for woman on the outside. In fact, I started my own psychological development process through developing my inner woman and then I developed my inner man.

The inner woman is the source of healing. The inner woman is the source of silence. The inner woman is the source of love. The inner woman is the source of belongingness with life.

Embracing the inner man and woman is to discover our inner roots and wings. Becoming aware of our inner man and woman means to discover the roots and creative potential of both the male and female aspect within ourselves.

Becoming aware of the inner man and woman means to understand that they have different visions of life. It means to understand that they have different perspectives and views of life.

The inner man and woman are our two wings of love and freedom. Through awareness, acceptance and understanding, we can allow our two wings to develop in a deep and natural harmony.

In the world today, a one-sided development of the male side leads to destructivity. A one-sided development of the male side leads to ego, struggle, exhaustion and a separation from life. A one-sided development of the female side leads to passivity and dependence.

How does the inner man and woman relate to money, creativity and financial abundance? Existence is abundance. Traditionally men have created a deep split between the inner and outer world, between body and soul, between the material and spiritual world, between love and money and between male and female qualities. The inner man and woman are related to money, creativity and financial abundance. Through investigating the roots of the inner man and woman, we can find the creative potential of both

the inner man and woman. Sometimes can either the inner man or woman also provide financial support for both sides, while the other side has the idea that it cannot support itself financially.

I have always been in contact with my own inner female side, which has also given me an understanding for woman. Now I also feel that I have developed a balance between my own male and female side. I feel that I have found a balance between, freedom and love, between love and relating, between strength and receptivity, between silence and activity and between intellect and intuition.

When we embrace the opposites within ourselves and understand that inner harmony arises when they mature, we find the love, joy, silence and freedom that are hidden in every moment.

It is my experience that it is through the inner female side that we find the depth within ourselves – independent of if we are a man or a woman. It is through the female side that we find the inner source of love and truth. It is through the female side that we lit the light of our own consciousness.

The more we learn to know the inner man and woman and the more we accept their different visions of life, the more a meeting happens between them that makes us happy and satisfied. Through embracing both these sides in ourselves, we realize that we really lack nothing – but that we already are love.

When both the male and female side is capable of living in trust, a love begins to flow between them – a love that was always possible, but not realized.

The inner woman is the meditative quality within ourselves. The inner woman is the source of love and truth. The inner woman is the capacity to surrender to life. It is through the inner woman that we are in contact with life. It is the inner woman that is the door to belongingness with the Whole.

4. Relationships

Love is not an exclusive relationship; love is a quality and depth of being.

Our outer relationships are a mirror of our basic inner relationship with ourselves.

Relationships are a balance, a development and a dance between our male and female qualities.

All people seek love, joy and harmony in their own way. We all want to be loved for who we are. We all want to be acknowledged and accepted for the unique individual we are. The problem in relationships arises when we seek our own center, our own source of love, in another person. We seek a source of love outside of ourselves. The problem in relationships is that the other person also seeks after his own center, his own source of love, in the other person. In this way both persons will sooner or later feel disappointed and cheated, because of their expectation on the other person. It is first when we let go of the idea and expectation that the other person will give us the love that we do not have inside ourselves, that the base for a really loving, satisfying and meaningful relationship is possible. It is first when the relationship becomes a

giving of love, instead of a taking of love, that the relationship becomes really nourishing and satisfying. As long as we look for the source of love outside of ourselves, we will eventually become disappointed and disillusioned.

It is first when we can relate from our inner being, from our inner center, from our inner source of love and truth, that relationships becomes really loving, creative and satisfying. It is first when we discover the source of love within ourselves, which is our true nature, that we can become really happy and satisfied.

As long as we need another person to cover up our inner feeling of emptiness, to cover up our inner darkness and loneliness, the relationship will sooner or later end up in disappointment frustration and disillusioned expectations. It is first when we no longer need the other person to fill our inner emptiness that we consciously can relate from our inner being, from the authentic self, from our overflowing inner source of love. When relationships are based on the expectation that a partner should fill our inner emptiness, it is like offering an empty cup to our partner with the expectation that the partner should fill our empty cup – instead of overflowing from our inner being and filling our cup from within ourselves. The difference between acting out of our inner being, from our inner source of love, and acting out of our inner emptiness, is like the difference between acting out of light and darkness.

I have noticed how much of my professional life – as a therapist and a course leader – that has been a way to fill my own inner emptiness and a way to receive love, acknowledgement and acceptance. I notice what a difference it is to be in contact with another person from a desire to get love from the other person or to be in contact with another person without any desire to receive anything from the other person. When I can rest in my own inner source of love, it creates a joy and a relaxation in me. It also gives me the freedom to give others the space to be who they are in the moment.

I have also learnt not to act when I am not in the light. I have learnt to wait to act until I am in the light again. I have noticed that when I can be in contact with myself – instead of reacting automatically and searching love outside of myself – I can witness my own inner feeling of emptiness, my own need of love from without myself. This awareness changes my need to look for love outside of myself and it makes my own inner source of love begin to flow from within myself. It is awareness and acceptance that allows me to be with myself and witness my own feeling of wanting love from without myself. It is like being with this feeling and embrace it like a mother embraces her child. This awareness and acceptance makes me come back to my own center, instead of seeking source of love from without myself. I also notice that the more I can accept both when am in the light and when I am in the dark, the more this awareness and acceptance makes more light than dark moments arise.

A key to relationships is to know the difference between when it is time to hold on and when it is

time to let go. The criteria are the degree of joy and satisfaction that the relationship creates.

If there are love and truth in the relationship, life will sustain the relationship by itself. If there are not love and truth in the relationship, it will change.

Expectations are the basic problem in relationships. Expectations are ideas of I should be, how my partner should be and how the relationship should be. When the relationship does not fit with our preconceived ideas and expectations, we become disappointed. When I told a beautiful woman who I had a relationship with that I loved her for the first time, she did not answer back that she also loves me. Instead she was silent for a long time and then she said: “You are courageous to say that!” Her own truth was that she was not ripe at that moment to say that she also loved me. At that moment she was not ripe to take the commitment that it means to say to another human being that “I love you.” I had no expectation that she should say that she also love me. For me it was a giving without expecting anything in return. For me it was a way to overflow from my inner source of love and truth. Instead of asking if she loves me, it is simply more creative to ask myself if I love her. It is a sharing of my love – and then it is up to the other person what he or she wants to do with it. He or she does not have to do anything with it either.

What is the difference between the love pole and the freedom pole in relationships? Relationships are a balance between love and freedom, where often one partner chooses the freedom pole and the other partner chooses the love pole. The freedom pole means that the partner chooses his own freedom, independence and individuality before the relationship. The love pole means that the partner chooses love, to be together and the relationship. It is like the image that one partner is always trying to run away from the relationship, while the other partner is running after. Earlier I have almost always chosen the freedom pole in relationships, but in one of my latest relationships I found myself in the love pole as she continuously chose her own freedom and independence before the relationship. It did not bother me as I loved her and it was also a valuable meditation for me. But I could also see that if the relationship should be alive and develop, both partners need to have a basic commitment to the relationship. Both partners need to have a love for each other so that these two poles do not become a mechanical way of reacting.

If there are love and truth in the relationship, life will sustain the relationship by itself. If there are not love and truth in the relationship, it will change.

Through learning to both be alone with ourselves and to relate in love with other people, we can easier appreciate and accept when life offers us periods of both love and aloneness. It also makes it easier to see when it is authentic to be alone with ourselves and when it is authentic to relate to other people.

Some people cling to relationships to avoid meeting their own aloneness. Other people chose aloneness so that they do not have to relate with other people and risk being hurt or betrayed. Through learning to both be alone with ourselves and to relate with other people, it gives us a new freedom to relate to life. It gives us a new joy and freedom in both being happy and satisfied in our own aloneness and in relating with people in joy, acceptance, trust, friendship, humor, playfulness, understanding, compassion, silence, sincerity, freedom and a sense of oneness in love.

5. Love

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness. This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

The human heart is a healer, which heals both other people and ourselves. The open heart is like a fountain, which no longer make any distinction between: "I like you - I do not like you". The open heart does not make any difference between friends and enemies. The open heart is open both for ourselves and for other people. The open heart is unconditional love.

Intuition is our true inner voice, the ever-present inner source of love, truth and wisdom, and the silent Existential voice within ourselves. Through the intuition, we are in contact with the Whole.

Our heart is the door to allow Existence to guide us – instead of being directed by our own ideas, attitudes and preconceived expectations of how life should be.

When our heart is closed, it can create a lonely and isolated feeling together with the attitude: “Nobody loves me” or “Nobody cares about me”, which can make it hard for other people to love us.

The basic problem with the world is that there is too much hate and too little love.

The fourth level of consciousness is placed in the middle of the heart. The fourth level of consciousness is the human heart. The heart relates to unconditional love and acceptance both for ourselves and for other people. The heart relates to qualities such as empathy, joy, acceptance, trust, intuition, understanding, compassion, playfulness, healing, friendship, sincerity and a sense of oneness in love.

The human heart has both an active and outgoing quality and a receptive and ingoing quality. The outgoing quality is active love and the ingoing quality means to allow both others and ourselves to love us.

**Love is not an exclusive relationship
with another person; love is the quality
that arises when we are in contact
with our inner being**

A silent revolution of the heart happens when we begin to care about another person and it is a joy to put the needs of the other person before our own

needs. It is on the consciousness level of the heart that we begin to develop the awareness and sensitivity, which makes us begin to care about another person.

When our heart is closed, it creates a lonely and isolated feeling. It prevents us from seeing the love that surrounds us all the time. It is when we begin to open our heart that we discover a feeling of oneness in love with other people, with nature, with the trees, with the stones, with the ocean and with the blue sky.

I remember when I had a painful relationship with a woman and did not know what I wanted to do with the relationship. Then I closed my eyes and asked my own intuition, my inner source of love and truth, Existence within myself, what I should do with the relationship. The answer that came in a silent whisper was: "Focus on love, not on a specific person."

It is on the consciousness level of the heart that we begin to understand that we are not separated from life. We begin to understand that we are not small separate islands in a great ocean, but that life is one and that we all are small parts of the Whole. We begin to understand what is really important and meaningful in life. It is on the consciousness level of the heart that we begin to understand that life is about sharing, rather than hoarding. We begin to understand that life is about giving, rather than taking.

Above the consciousness level of the heart, we

need a teacher and a guide. It is somebody who “knows”, who has walked further on the path than us and who can guide, encourage and inspire us. There is an Indian saying: “When the disciple is ready, the teacher occurs.”

Our heart is actually already open, but it is our judgements about others and ourselves that keep it closed. When we stop judging others and ourselves, our heart begins to open. The way to healing is to learn to love and accept ourselves unconditionally. It means to embrace both our positive and negative sides with love. It means to love everything that we find inside ourselves. Healing happens when we bring everything that we find inside ourselves out into the light.

Trust is a requirement for love. Without trust, love becomes without depth. It becomes like a plastic rose, instead of a fresh and alive rose. Even if some people will use and betray our trust, it is not a reason to allow them to undermine our basic trust in life. It is better to allow some people to betray our trust than to not allow our basic trust in life to develop. Many people are also so sleeping and unconscious that they do not even know what they are doing. Even if we feel hurt, disillusioned and disappointed with people, try to give them love. One criterion for spiritual maturity is that we begin to give love, instead of needing love.

The really poor are those that think that money are the meaning of life. When we lack love in our life, money becomes a substitute.

Love is to eat pizza with our beloved even though we hate pizza.

We have been taught to love others, but not to love ourselves. But how can we love others if we do not love ourselves first? The ABC of love is that we first need to love ourselves before we can love anybody else.

Exactly as the rhythm of the in breath and out breath of the physical body, love has also two poles: to give love and to allow ourselves to be loved. Some people can easier give love, while others can easier be loved. But for our love to be whole, we need to learn to both give love and allow ourselves to be loved.

Love and fear are two sides of the same coin. In the absence of love, fear arises. In the light of love, fear disappears. Fear is a contraction of our life energy together with a feeling of loneliness and isolation. Love creates an expansion of our life energy together with a feeling of love, joy and belongingness with life.

Love is the strongest force there is. There is no stronger healing power than love. Love is pure magic. Love transforms people without really does anything. The mere presence of love transforms people. There is nothing more holy than love since love makes people whole.

Love accepts a human being as she is. Love creates the freedom for a human being to be who she is. Love creates the relaxation, which helps a person to

relax into her own inner being, into her own authentic self.

Love allows us to appreciate the beautiful being we already are.

Love is not an exclusive relationship with another person; love is the quality of our inner being. It is to discover the source of love deep within ourselves, which is our true nature.

In the depth of our heart, we already know that we are perfect as we are. In the depth of our inner being, we already know that life is perfect as it is.

Love is the most valuable gift we can give to another person. What we need to do is to open our heart and release our love to the world, to the people, to nature, to the animals, to the trees and to the sky – and this love will be returned a thousand times to us.

The basic fear with love is that love is larger than ourselves.

Love means to realise that we are one with life. Real love means to realise that we are one with the other person, one with nature, and one with the trees, the stones, the earth and the blue sky. It means to realise that all of life is God.

6. Presence

Working from within: Working with people from love and awareness

The most important ability in working with people is the capacity to be present. To be present means to develop a presence and a quality to work from, to be present with an open and relaxed heart and to be grounded in our inner being, in the authentic self, in the meditative quality within.

The basic awareness component in working with people from love and awareness is to develop a presence. Presence means to be grounded in our inner being, in our essence and authentic self. Presence means to work from a meditative quality, from a “yes”-quality, from a state of non-doing.

Presence means to be in the moment, to be in the here and now.

Presence is the capacity to be present for another person with an open heart and to be grounded in our inner being. It is to be present for another person as a supporting light, as a supporting presence – and simply to be present with another person can help.

Working with people from presence and awareness means to change perspective from the personality, the psychological self, to the inner being, the authentic self, to the meditative quality within, to the inner silence and emptiness, the capacity to surrender to life.

What is the difference between working with people from a “yes” and “no”-quality? Working with people from a “yes”-quality means a quality of presence, acceptance, availability and meditation. Working with people from a “no”-quality means an attitude of defence, resistance and personality aspects.

The most important ability in working with people is the capacity to be present

Working with people from awareness means to be available. It means to respond with the truth in the moment. It means to respond to the moment in a way that creates a fragrance of love.

Presence is to meet another person in meditation. Presence is to invite another person in meditation. It is a meeting in love, joy, acceptance, sincerity, truth, silence and oneness.

Working with people from awareness basically means to work out of that which is already perfect

within another person. Working with people from awareness means to see what expands and develops the inner being of another person. It means to lift up the unconscious psychological patterns in the light of awareness that prevents a person from being in contact with his own authentic inner being and to receive nourishment from his own inner source of love, joy, acceptance, truth, silence and wisdom. It also means to see what expands the total inner being of another person both in relation to himself, in relation to other people, in relation to creativity and in relation to life itself.

Working with people from presence and awareness means to develop our capacity to respond to a client's inner being, his essence and authentic self.

I do not work with a specific technique anymore — or even a goal. I work with meditation. But not meditation as a specific technique or as a static sitting, but meditation as the capacity to be aware. To do whatever we do with awareness. That is meditation. Awareness is meditation. Awareness is acceptance. Awareness is the capacity to be aware of thoughts, feelings, and sensations in the physical body and outer stimuli without evaluation or judgment.

There are basically two different ways of working with people. The first way is personality- therapy and the other way is being therapy. Personality therapy includes what conventionally is described as therapy, which focuses on analyzing and solving the individual's internal conflicts and psychological problems. The focus in being

therapy is to awaken and develop the inner being, the inner essence and authentic self, of the individual. The term being therapy is really a paradoxical term, since the inner being is already perfect as it is and needs no therapy. But it is also paradoxical, that at the same time as the inner being is already perfect, it also develops. This is the focus in being therapy.

When I began to work with courses 18 years ago, the emphasis was on a personality level. The emphasis was on personality therapy and to solve the internal conflicts and psychological problems of the individual. But as I went deeper within myself, this level became more and more unsatisfying for me and the emphasis in the courses changed to awaken and develop the inner being, the inner essence and authentic self, the meditative quality within. The emphasis moved from solving the psychological problems of the individual to find that which is already perfect within a person. The courses did not focus anymore on fighting with psychological games, problems, darkness, drama and defenses on the personality plane, but the courses was about becoming aware, to turn on the inner light. The courses was about realizing the deeper inner potential of the individual to live his or her life with love, joy, trust, intelligence, truth, silence, freedom, wisdom and creativity. The courses were about finding more space and freedom in the movements of the individual. The courses were about living ones own truth.

Being-therapy is a search beyond the personality. Being-therapy is about changing perspective from a personality oriented therapeutic way of working into working out of our inner being, from our authentic self, from our inner source of love, joy, truth, silence, wisdom and creativity. Being-therapy is about returning to the original healing impulse, which made us embark on our inner journey: the impulse to heal and be healed. It is about returning the source, to the inner dimension, to the soul.

Being-therapy is about becoming aware, to lit the light in the inner being of another person. In the light of awareness, all that which is real and authentic develops and limiting personality patterns disappears by themselves. Being-therapy is not about continuously trying to change ourselves or becoming “better”; it is about discovering a love, respect and acceptance for ourselves as we are. Being-therapy is basically about discovering a meditative approach to life. It is about discovering a meditative presence and quality both in relation to ourselves, in relation to other people, in relation to creativity and in relation to life as a whole.

Personality therapy is about identification with the psychological attitudes, defences and resistance's of the personality. Being-therapy is about going beyond the personality and discovers the authentic inner being, our true individuality. It is about learning to become aware and witness the different layers of personality, rather than being identified with them. In this way we can see all our life problems in a new and creative light.

The concept Being-therapy is really a paradoxical term since the inner being is already perfect and does not need any therapy. The inner being is not split and does not contain any conflicts. It is the personality that is split in one conscious part and one unconscious part. In the inner being, we are one with ourselves.

A key in working with people is to not be identified with or involved in if people chose to respond or react, if they chose to say "yes" or "no" to their own growth. People are responsible themselves for their own growth and for how they chose to create their own lives.

Presence as a therapeutic concept is a paradoxical phenomenon. This presence contains both an aspect of being present and an aspect of being absent. It means to be present with our heart and being and it means to be absent from our sense of "I". It is to be absent from our preconceived ideas, attitudes, judgements and concepts. Presence is like having our inner engine running, but having the gear in neutral. In this presence, the therapist can find more freedom and space in himself. He can be relaxed with whatever happens and he can easier witness the inner stream of thoughts, feelings, attitudes, judgements, reactions and concepts. In this presence he can easier be aware about his own reactions in relation to the people he meets professionally.

Presence is also necessary in order to be in contact with truth, with the real and authentic in the moment. In the inner being, the therapist can rest

in himself, without any wish to try to change the other person and without any ambition to try to take the other person from point A to point B. The therapist do not really try to change the other person or try to make him feel better, but he shares one of life's moments with a certain love, clarity and understanding for how the moment is. It also helps him to see easier when he becomes identified and involved in trying to change the other person, which often just creates a resistance in the other person.

Through working from his inner being, the therapist can also easier go back to his own inner silent centre when the negative mind takes control and says things like: "I am bad as a therapist", "I have nothing to give" and "I can not do this." In the silence of his inner being, there are no judgements or evaluation in terms of right and wrong or better and worse – it is an inner source, where we can rest in ourselves. It is to be in contact with that which is already perfect within ourselves.

When we are authentic, when we act out of presence and awareness, it also gives nourishment to the inner being of people around us.

Presence is not a question of judging or evaluating a client or a client's situation. Presence is to see the client's situation in a positive and creative light with a vision for how the present situation of the client relates to his further spiritual development. It is to accept a person as he is. It is to understand that the person is exactly where he needs to be in order to take the next step in his spiritual development. It is

not about fighting with problems, darkness, drama and defences on the personality level, it is about becoming aware. It is about lighting the light in the inner being of another person.

Listening is an art. Listening is to move out of our own way. It is to move out of our ideas, attitudes and preconceived concepts, and to be present for another person as a supporting presence. It is to create the space for another person to be how he is beyond our own ideas and concepts about how the other person should be. It is to listen with both our heart and our total being. It is to see what it means to be 100 % present for the other person.

In situations where I feel unclear or I do not know what to say or do, I turn my attention within myself. Then I listen to what my intuition and to what Existence within myself wants in this moment. Through listening within in this way, an answer often comes in the form of a creative and authentic impulse to say or do something or simply being silent until Existence is ready to respond.

The therapist needs to develop the capacity to rest in himself and his own inner source of aloneness. In situations when the client chose to say "no", goes into reaction and is not open for change, the therapist need the ability to rest in his own inner source of aloneness. Through the ability to rest in his own aloneness, it is also easier to not get caught up in the ideas, expectations and resistance of the client. Through the ability to rest in his own aloneness, the therapist does not either need to seek confirmation from the client.

After teaching awareness and meditation for almost 16 years, I did a course for myself with a therapist. The theme for me in this course was my role and identification with being a therapist and course leader. This therapist said to me: "You do not need positions to be loved". This made me aware about my identification with being a therapist and how much this role was an investment in being special and being loved. This course created a process in me of letting go of my identification as a therapist and I noticed how this awoke feelings in me of not being special and of not being loved for who I am.

This therapist also said to me: "When you let go of leading groups, Existence will invite you to lead groups". This awoke all my fundamental doubts about that I am OK as I am and that life really takes care of me. It was really a period of letting go of my role as a therapist and about finding a deeper trust in life and Existence. During 6 months, I simply let go totally of courses and the therapist role and left the whole question in the hands of Existence. It was like letting go of this whole question in the trust that if it is authentic and genuine, Existence will support and upheld it - and if it is not authentic, it will change. After these 6 months, strange things began to happen by themselves. Unexpectedly, it suddenly began to come invitations and support from different directions. At this time, I no longer knew how to do a course. These invitations also resulted in the book *Song of Meditation — About Meditation, Relationships & Spiritual Creativity* and in the website Giten's World — Personal &

Spiritual Growth, which has been visited by thousands of people. This made aware that I actually have a deep trust in my heart and being that Existence will use me as a facilitator. Not as an ego gratification, but as an expansion of being, an expansion of love, joy, truth, silence, wisdom and creativity.

I still have a wish that people will understand the difference between saying "yes" and "no" to themselves. But in one of my recent courses, I felt that what I can do is to present two choices and possibilities and then it is up to each person to chose for themselves how they want to live. People are like plants on different stages in their psychological development process towards spiritual maturity and our spiritual growth basically depends on our thirst and commitment to our own growth. Some people will understand what they can of meditation and some people will understand something deeper. I no longer feel identified with if people understand this now, if they understand this in 10 years or if they understand this in the next life.

To be and work with people on a spiritual plane is also the deepest source of joy for me. To be and work with people, who have enough life experience to say "yes" to discover their own authentic inner being, means that I also continuously can go deeper within myself. This also made me aware that I had created a space and an invitation to allow things to happen by themselves through letting go of my identification and involvement with being a therapist and

course leader. This allowed me to discover a deeper trust to life and Existence. And to those moments when Existence lifts and turns you in an unexpected dance.

In the therapeutic process based on awareness, there exists no "I" – it just exists a presence, a light, a love and a silence.

Emptiness and the not-"I" is the quality that arises when the therapist consciously moves out of his own way without hindering the therapeutic process through his own ideas, attitudes, expectations and concepts. He is present, available and responds with the truth in the moment.

Presence is about how every action can arise from the quality, which we call awareness – the presence of our inner being, the presence of our soul.

Being and working with people has also been a meditation in itself for me. It has been a valuable experience in learning to trust and listen to my intuition, to the inner source of love, truth and wisdom, to the Existential voice within. It has been a lesson in how we through our intuition, through the silent whisperings of our heart, are in continuous contact with Existence.

It is a large difference between working with people from the inner being and working with people from duty or a specific technique. Through working from the inner being, we can touch the soul of the other person, while we can only touch the personality of the other person,

his surface and periphery, if we just work from a technique.

When two beings meet, when two souls meet, love arises. It arises a healing, a harmony, a relaxation and a sense of coming home. My parents were my first teachers in love. When I was 15 years old, I saw my parents sitting silently together in the living room. There was a special atmosphere - a special silence and harmony between them - which I sensed, but which I did not understand when I was 15 years old. It was a meeting in meditation, in synchronicity, in a deep unity.

Spontaneity in the therapeutic work arises when the therapist can allow creative and authentic impulses to arise from moment to moment from the inner being, from the meditative quality within, from the inner emptiness, from the capacity to surrender to life. Then the therapist becomes less of a technician and more of an artist in the therapeutic work. It is then when the therapist and client meet in awareness without any barrier between.

7. Creativity

What is creativity? Creativity is an attitude towards life. Creativity is to contribute with something beautiful to Existence.

Creativity is about learning to choose people and activities that are nourishing for our soul and makes our soul blossom.

Creativity is about making conscious choices, which increases our joy and fulfillment.

Creativity is to do what we love to do. Love and creativity are not two separate things.

Creativity is to develop our creative potential, to develop our innate gifts, talents and skills. The more creative aspects of our inner being that we develop, the richer our life becomes.

Love and joy are the basic inner motivation for creativity.

Creativity is not work or duty, creativity is joy and play.

Creativity is less concerned with what we do, but with how we do it. Creativity is basically about how

present we are in whatever we do. Creativity is about learning how the inner being, how the soul of a person, can be present in every little action that we do. Cleaning or taking a walk can become an act of creativity when we do it with awareness.

Creativity is to contribute with something beautiful to Existence

Creativity is about letting both the inner man and woman finding their inner roots and creative expression.

Creativity means to express our presence, love, joy, passion, playfulness, humor, awareness, meditation, silence and intelligence. Creativity means to learn what is nourishing and what gives joy and fulfillment to both the inner man and women in expressing themselves creatively. It means to learn to choose activities, which increases our sense of joy and fulfillment.

Creativity is not really a question of what we do; it is a question of the love, joy, presence, and quality we bring to whatever we do. In this way everything we do can become a creative act.

Creativity is doing what we love to do. Creativity is doing what makes our heart dance with joy. This love makes our creativity a meditation. It does not mean that we have to paint or write books; it means to do that which gives us a deep inner sense of meaning and fulfillment.

What are the three life areas? Meditation, relationships and creativity are the three life areas. When we have developed a balance and harmony between these three life areas, it creates a rich, creative and fulfilling life. The three life areas also describe a balance between the inner and outer world, which simultaneously relates to and enrich each other.

The first life area is meditation, which is about creating a conscious relationship to oneself. Meditation means to learn to know ourselves and to discover the inner being, our essence and authentic self, the meditative quality within, the inner capacity to surrender to life.

The second life area is relationships, which is about creating a conscious relationship to other people. The second life area is about learning to relate to other people from the inner being, from the authentic self. Relationships means to learn to relate with other people in love, joy, acceptance, playfulness, trust, friendship, sincerity, understanding, compassion, sincerity and freedom. It is about learning that relationships are not a chain, but an invitation to follow the silent whisperings of our heart. Often we can *be* when we are alone, but we reduce ourselves together with others. We have forgotten the true nature of love. Our inner male and female sides also express themselves on the outside in the form of relationships. The second life area includes developing and embracing both our male and female sides. It is then that the spark of love is lit naturally within ourselves.

The third life area is creativity, which is about

finding and developing our inner talents, passions and gifts. Creativity means to learn to express our love, joy, passion and intelligence in creativity. This life area is about learning to follow the silent whisperings of our heart in creativity. This life area also includes the professional area through which we love to express our creativity and which gives us a deep feeling of joy, meaning and satisfaction. The third life area also includes the theme generating and attracting money with the basic understanding that Existence is abundance.

The criteria for how our meditation is growing in our life are that it begins to enrich both our relationships and our creativity. It also means that we develop a balance and harmony between all the three life areas. It is to understand that meditation is not a phenomenon, which is separate from life. It is when the meditative presence and quality begins to overflow from our inner being, from our inner life source, that we understand that meditation and life are not two separate things. It is then that we understand that meditation and life are one.

Meditation has traditionally been associated with something introspective and away from the world, but meditation has in fact two poles: the male and the female pole. The male pole is the outer, active and creative aspect of meditation. The female pole is the inner, silent and watching pole in meditation. These two poles also represent a balance between rest and activity. It is when we have developed both the male and the female pole in meditation that we can rest in ourselves while we are fully active and creative in the world.

A key to creativity can also be to be creative for oneself, to do things for our own joy and fulfillment, without expecting support or acknowledgement from other people. It is not all times that even our own family or friends can support us in living our own truth.

Creativity is a question of timing. It is a question of knowing when it is time to let go of the old and when it is time to invite the new.

Creativity also means to invite and create support for the projects that we want to accomplish.

When we help others to become creative and successful, we also invite success for ourselves.

To be able to rest in our own aloneness as an inner source of joy, creativity and inspiration is a necessary prerequisite for creativity.

When our creativity is followed by the fragrance of love, people will support this quality with joy.

Existence is abundance. Spiritual creativity is not about creating a split between the inner and outer world, between the material and the spiritual, between body and soul, between money and love or between our inner man and woman.

Financial abundance is to create a conscious relationship to money and creativity.

Love and money are two sides of the same coin. Our relationship to love and money are a reflection

of our basic attitude to life. Often we relate to both love and money in the same manner. If we are miserly with money, we are often also miserly with love. If we are generous with money, we are often also generous with love.

Financial abundance and spiritual consciousness are two aspects of the same phenomenon. Our financial abundance is a reflection of our spiritual consciousness.

Financial abundance is to let go of our notions of lack and to be in contact with our inner being, with the abundant source of Existence.

Financial abundance means to use our talents, skills and gifts in order to generate money.

Riding first class in life does not always mean that it has to be the most expensive.

Creativity is to meet our inner being, the endless and boundless source of creativity. Creativity is to learn to say "yes" to and to be in contact with what Existence wants us to do.

8. Meditation

- A “Yes” to Life

Meditation is a “yes” to life. Meditation is an inner “yes”-quality of witnessing and affirming everything that we already are. Sometimes we are in contact with this inner “yes” and sometimes we behave automatically according to ideas, desires and learned attitudes. Through meditation we can find new solutions, which arise out of our basic “yes” to life.

Meditation means to learn to know one self.
Meditation means to study our inner world.

Meditation simply means to learn to relate to ourselves. Meditation simply means to learn to relate to ourselves.

Meditation is the golden key that can help us rediscover the contact with our inner being, with our authentic self, with the inner source of love and truth.

Meditation means to be aware of both inner and outer events. On the inner plane it means to be aware of thoughts, emotions and physical sensations. On the outer plane it means to be aware of outer events such as situations, people, things and the sky. It means to be aware of everything that happens by itself. It is to live in trust and appreciation for what life chooses to offer. It is

a deep “yes” to everything that life chooses to offer.

Life is an opportunity for meditation. Life is an opportunity to develop the two aspects of meditation, the two wings of life: love and awareness.

The heart and essence of meditation is a watchful quality. It means to watch with an attitude of acceptance, without interfering or trying to change that, which is now.

Meditation is to be aware of the reality of the moment, without any wish that the moment should be different than it is and without will to change the truth of the moment. When we can be aware and watchful without interfering, we can see all our life problems in a new and creative light.

The core of meditation is the inner witness, the inner witness that is aware of the thoughts, the feelings, the physical sensations and the outer events - and how the inner witness either can help or hinder authentic expressions that comes from the inner being, from the inner roots.

When we meditate, we develop a trust. We develop our inner being, which creates more space and freedom within ourselves. It allows us to rest in ourselves and be relaxed with whatever happens.

What is standing between ourselves and being in meditation is our identification with the problems of the thoughts, the passion of the feelings and the sensations of the physical body. Meditation means to realize that we are not the thoughts, we are not the feelings and we are not the physical body. We are the watchful

consciousness, the silent inner witness, which is aware of the thoughts, the emotions and the physical body.

Meditation is the way to develop our inner being. Meditation means to be aware of the sensations of the physical body, the passions of the emotions and the problems of the thoughts. Traditionally man has created a deep split between the material and spiritual aspects of life. Man has created a split between the inner and outer world, between body and soul and between the male and female qualities.

Meditation is to get out of our own way

Meditation means to grow by awareness. In the light of awareness, the false and artificial falls away by itself like dead leaves from a tree in the fall, while the alive, the real and the creative grows and develops.

Meditation does not try to teach us anything; it just gives us eyes to see.

Meditation is like lighting a light in the depth of our inner being.

Meditation means to learn to live secure in the insecure.

We are standing in our own way. Meditation is to get out of our own way.

Basically there are three things that are standing between meditation and ourselves: our identification with thoughts, attitudes and preconceived concepts, our identification with feelings and our identification with physical sensations.

Normally we live our lives in the memories of the past and in expectations of the future, but we miss the here and now. Meditation brings us back to the here and now, to this unique and precious moment, which is our only reality.

Clinging to the past and worrying about the future is to miss the present moment.

The essence of meditation consists of four qualities and aspects. These four qualities are: 1. A watchful awareness 2. An accepting attitude 3. A non-judgmental attitude and 4. Relaxation. The first quality and aspect of meditation is a watchful awareness. Awareness is another word for meditation. Awareness is meditation. Awareness can also be described as presence or watchfulness. Awareness is the capacity to be aware of the thoughts, the feelings, the sensations of the physical body and of outer stimuli. Awareness is a 180-degree turn within from being identified with the continuous inner stream of thoughts, feelings, ambitions, dreams, desires, expectations and sensations to being aware and watchful of this inner stream. It is like having our inner engine running,

but having the gear in neutral. Awareness is the capacity to be present to the inner stream of thoughts, feelings and sensations without will to stop this stream and without any wish that it should be different than it is. It is to be a witness, an unidentified observer, to the inner stream of thoughts, feelings and sensations.

Awareness is the cornerstone that can transform our quality of life. Awareness can create the inner presence, which can transform our life into a joyful dance, a song of meditation.

Through awareness, we can discover our true inner nature. It allows us to discover a new dimension of being in contact with life. Awareness gives us the freedom to choose between clinging to the past and living in the unknown mystery of the moment.

Awareness is not about continuously trying to change ourselves or trying to get “better”; awareness is about becoming conscious, of lighting the light in our inner being. It is about learning to love and accept ourselves as we are. Awareness is about discovering that which is already perfect within ourselves.

Awareness is not about becoming something; awareness is about realizing that we already are somebody. Awareness is about discovering the beautiful being that we already are. In the light of awareness, everything real and authentic grows and develops, and the false and artificial falls away by itself like dead leaves from a tree.

There is really nothing that can disturb our meditation. Everything can be used as an object for meditation. Everything that happens on the inside and everything that happens on the outside can be used as an object for meditation. It does not really matter if it is a feeling of joy, sadness, anger or aloneness that we find within ourselves. With awareness and understanding, we can include and embrace everything that arises from our consciousness in our meditation.

A question that we can ask ourselves in different situations is if we are identified with the thoughts, the feelings and the sensations that arise in our consciousness, or if we simply can be aware about and watch whatever arises in our consciousness. Through this awareness and understanding, we can use all situations in life as an opportunity to grow in meditation.

The second quality and aspect of meditation is an accepting attitude. Awareness includes an accepting attitude. An accepting attitude means to learn to say “yes” to everything that arises in our consciousness. It means to learn to say “yes” to both positive and negative experiences, to both light and darkness and to both joy and sadness. It means to include and embrace everything that we find within ourselves with presence, awareness and understanding. An accepting attitude means to lovingly embrace everything that we find within ourselves like a mother embraces her child.

An accepting attitude means an attitude that the

reality of the moment is perfect exactly as we find it within ourselves. It means to not have a will to change the reality of the moment or to have a wish that the moment should be different than it is. It is to embrace the moment as we find it within ourselves with a love and acceptance for how the moment is. It is a love for the reality of the moment. This accepting attitude develops and expands our inner being. It creates a greater space and a freedom within ourselves. A question that we can ask ourselves in different situations is if we say “yes” to, if we accept, what arises in our consciousness, or if we say “no” to, if we deny, what arises in our consciousness.

The third quality and aspect of meditation is a non-judgmental attitude. Awareness also includes a non-judgmental attitude. Normally we judge and evaluate our behavior and ourselves, rather than simply watch without judgment and evaluation. Since an early age we have been taught to judge ourselves, so that now it is even easier not to judge others than ourselves.

A non-judgmental attitude means to learn to love even the imperfect and incomplete within ourselves. It means to include and embrace all that which we do not accept in ourselves in the light of awareness. A non-judgmental attitude means to say “yes” even to that which we say “no” to in ourselves. A question that we can ask ourselves in different situations is if we say “no”, if we judge that which arises in our consciousness, or if we simply can be aware and watch without judging and evaluating.

The fourth quality and aspect of meditation is relaxation. The watchful awareness, the accepting

attitude and the non-judgmental attitude leads to a deep relaxation together with a feeling that whatever is happening within right now is perfect exactly as it is. It leads to a rest in ourselves together with a feeling that we are already Ok as we are. This relaxation creates a feeling that we can appreciate the beautiful being that we already are. We can rest in that which is already perfect within ourselves.

There are basically two different ways to relate to life. The first way is to say “no” to life and the other way is to say “yes” to life. The first way means to act out of our ego, from our separate “I”. The other way means to act from our inner being, from our authentic self, from the inner source of love and truth, from the silence and emptiness within us, from the inner capacity to surrender to life.

The first way means to work against life and the other way means to cooperate with life. The first way leads to fight, struggle and separation from life and the other way leads to harmony, cooperation and wholeness. Learning to say “yes” to life means to learn that we are a part of life, that we are part of the Whole.

That which has a “yes” and support in Existence, grows and expands. That, which has not a support in Existence, changes or disappears. It is like the continuous dance and music of the waves of the ocean. It is the breath of life.

One way of describing meditation is like a freedom from the “I”. The heart of meditation is a freedom from desires, ambitions and expectations.

When we begin to meditate, we often have an idea that meditation should bring positive results. But when our meditation integrates within ourselves, it also deepens the trust that meditation includes both light and darkness, both joy and sadness, both positive and negative experiences, both success and failure and both life and death. Meditation creates a deep acceptance for all climates and atmospheres of life.

The process in meditation is like planting a small seed and lovingly and patiently water and take care of this little seed until it grows into a strong and large tree.

Meditation is the way to awaken and develop the inner being. Meditation is about finding that which is already perfect within ourselves. The process to develop the inner being can be described as the process of step by step emptying a room from furniture until the room is completely empty and only a silence, a space and an emptiness, remains.

What are the two aspects of meditation? How do love and aloneness relate to each other? Just as the rhythm of ebb and flood of the sea, meditation grows and develops between two aspects. The two aspects of meditation are love and aloneness. Love and aloneness are the two wings of meditation. We need to develop both these wings to learn to fly.

Meditation and love are really two sides of the same coin. The inner aloneness and the outer love are two aspects of the same phenomena. Meditation means to learn to be happy and satisfied in our own aloneness and love is the fragrance that arises when

we can rest in our aloneness. The word aloneness consists of three syllables: al-one-ness. Aloneness means to be one with ourselves. When we can rest in our aloneness as an inner source of love, joy and satisfaction, this aloneness also becomes a door to oneness with life.

What is aloneness? Aloneness is our inner nature. We are born alone and we die alone. Aloneness is the quality of our inner being. Aloneness is to be rooted and grounded in our inner being.

Meditation means to learn to love ourselves in our own aloneness. Take as a meditation to sit under a tree, in your room, in nature or wherever you can be alone - and allow yourself to love yourself. Forget the world and just love yourself. The inner journey basically means to learn to love oneself. This meditation develops our inner being and real harmony happens when we are in contact with our inner being, with our inner source of love, with our true inner nature.

Meditation can be defined as the art of learning to be with ourselves in our own aloneness. Meditation means to learn to rest in our own aloneness. When we can rest in our own aloneness, aloneness becomes an inner source of love, joy, acceptance, relaxation, silence, freedom and creativity. Aloneness means to learn to give this unique and precious moment to ourselves. To rest in our own aloneness is like sitting on a mountaintop liberated from the noise and madness of the world.

It is a paradox of life that the more we accept our own aloneness, the more we discover a belongingness with life.

Man has traditionally chosen to either deny the world or to deny the spirit. The three life areas, meditation, relationships and creativity, describe how the inner being of a person can be implemented in all three of these areas. They describe how a person's action can carry a certain quality and fragrance, which we call awareness – the presence of our soul.

Meditation is a balance and a development between aloneness, learning to be with ourselves, and love, learning to be and relate with others. It is a balance between inner emptiness and the outer world. It is a balance between East and West, between spirituality and materialism, between body and soul – and both aspects are needed to create wholeness.

Some people can easier be happy and satisfied in their own aloneness and some people can easier love and relate with others. My experience from working with people is that there are basically two types of people: those that can be satisfied in their own aloneness and those that need love and confirmation from others. Based on previous experience in life, it can be easier for us to "be" with ourselves in aloneness and have a tendency to reduce ourselves when we relate with other people. None of these ways are better or worse than the other.

Life develops like the continuous rising movement of a pendulum between opposite poles and tendencies. Life develops between apparently incompatible pairs of opposites for example positive and negative, sadness and joy, light and darkness, day and night, male and female and life and death. Meditation has traditionally been associated with something introspective and away from the world. Meditation has been associated with a static sitting, but just as electricity needs both a plus- and minus pole for a spark to happen, meditation has also two poles to ignite the spark of love. The two poles of meditation are the male and the female pole. The female pole is the silent, receptive and watchful pole in meditation. The female pole is the depth within ourselves independent of if we are a man or a woman. The female pole is the door to our intuition, to the inner true voice, to the inner source of love, truth and wisdom. The female pole in meditation is our inner being, the capacity to surrender to life.

The key to allow creative impulses to arise from the female pole in meditation is trust. It means to develop a trust in allowing creative and authentic impulses to arise from moment to moment from our inner being. To allow our creativity to arise from moment to moment out of meditation can create insecurity, why it is necessary to develop a trust in allowing these impulses to arise from our inner being, from the meditative quality within, from inner emptiness.

The male pole in meditation is action. The male pole is the active and creative aspect of meditation. It is the outgoing pole in meditation and the female pole is the ingoing pole. The relationship between

the male and the female pole in meditation expresses itself like a balance between rest and activity, between relating and aloneness and between love and freedom. The female pole is silence in our inner center and the male pole is activity in the periphery. It is to be in the world without allowing the world to be in us.

To choose only the male pole in meditation without the balance of the female pole results in ego, destructivity and separation from life. To choose only the female pole in meditation without the balance of the male pole results in passivity. These two poles in meditation are like the balance between East and West, between spirituality and materialism, between body and soul – and both these poles are needed to create wholeness. When we develop a balance between both the male and the female pole in meditation, a new spark arises and we experience the boundless and limitless source of love within ourselves.

What are the difference between the way of meditation and the path of love? There are basically two different paths towards inner wholeness. The first path is the way of meditation and the second path is the path of love. The way of meditation is the path of meditation and aloneness. The path of love is the path of joy, devotion and relating. The way of meditation is the inner path and the path of love is the outer path. These two paths can also be described as the male and the female path, although they are not confined to a certain gender.

The goal for both these paths is the same, but the ways to reach the goal are different. It is like one path travels along the north side of a mountain and

the other path travel along the south side of the same mountain. These two paths take different routes up the mountain, but they both meet on the top of the mountain. These two paths both end in a balance between meditation and love, between aloneness and relating.

The way of meditation begins with aloneness and meditation and ends in love. The path of love begins with love and relating and ends in meditation and silence. This does not mean that the person who travels the way of meditation is always alone or that the person who travels the path of love is always relating, but there is a basic disposition in each individual to travel one of these two paths.

Meditation has traditionally been associated with something serious, but one sign that our meditation develops is that we develop a sense of humor. Humor means to develop a distance to oneself and not taking oneself too seriously. Humor means to not take life too seriously. Humor means to see the absurdity in situations. Taking oneself too seriously is a sign of ego and self-centeredness, while the ability to laugh at oneself is a sign of awareness.

Meditation gives us an inner silence, a rest in ourselves, together with a feeling of being at home in the world.

When the meditative presence and quality begins to overflow from our inner being, from our essence and authentic self, from our inner life source, we understand that meditation and life are not two separate things. We begin to understand that meditation has more to do with music than logic,

that meditation has more to do with joy than seriousness. It is to understand that life is born out of meditation, that life is a song of meditation.

When I sat and meditated beside a slow flowing river in India, I learnt that if I really listened to the river, if I surrendered myself to the river, I did not need any other teacher in meditation. The river could teach me all the mysteries of life. In the same way can everything become a door to the secrets of life, for example a man or a woman, a tree, a bird, a stone or the clear blue sky, if I know how to surrender to life. It is such a deep joy, such a deep inner satisfaction, to know that I am part of life, that I belong to life and that I am one with life.

Meditation is not just a static technique; meditation is the way to discover our authentic being, our inner diamond. It is to find the joy, silence and freedom of our inner being. It is to rediscover the original life source, where we are already one with ourselves and with life. It is to come home.

9. Awareness

Awareness is the golden key to increase the quality of life in relation to ourselves, in relation to other people, in relation to work and creativity and in relation to life itself.

People are like plants on different levels of their development. Awareness is not about continuously trying to change ourselves or trying to become “better”, awareness is about discovering a love, acceptance and respect for ourselves as we are. Awareness is about learning to appreciate all steps and levels of our psychological development process towards spiritual maturity.

We can either work with or against life. The first way is a “yes”-attitude towards life and the second way is a “no”-attitude towards life. The first way results in joy, harmony and wholeness and the second way results in fight, struggle and separation from life, but in the end the part can never win over the whole.

Imagine life as a fast flowing river. In this flowing river we have two possibilities. We can either chose to swim upwards in opposition to the current of the river or we can simply chose to let go and allow ourselves to float with the river.

The first choice is a "no"-attitude towards life and the second choice is a "yes"-attitude towards life. The "no"-attitude means to relate to life through our ego, through our separate ideas, desires, ambitions and preconceived conceptions of how life should be. The "no"-attitude means that we separate ourselves from the continuous flow and change of life. The "no"-attitude is a defense and a separation from life.

When we did some practical exercises in a course about the "no"-attitude towards life, one of the participants exclaimed surprised: "This is exactly how I have always reacted to people and situations". She had not been aware before that this was her automatic way of reacting to life.

Our heart is the door to surrender to life. Our heart is the door to a "yes"-attitude to life. Our heart is the door to learn to say "yes" and to allow life to guide us. The "yes"-attitude means to relate to life through our inner being, through the meditative quality within, through the inner silence and emptiness, through the capacity to surrender to life. The inner being is an openness and availability to life.

The "yes"-attitude is a deep acceptance of the reality of the moment without any desire or wishes that the moment should be different than it is. It is to move with life in a deep harmony without expecting life to fit with our ideas and expectations.

An awareness exercise we can use in every moment in life is to ask ourselves if we act out of a "yes-" or "no"-attitude both in relation to ourselves, in relation to other people, in relation to creativity and in relation to life itself.

The human consciousness consists of two general layers: the personality, the psychological I, and the inner being, the authentic self. The personality is the surface of our total consciousness and the inner being is the depth of our consciousness. It is like the relationship between the waves on the surface of the sea and the depth and silence at the bottom of the sea.

The personality is the created sense of "I", which consists of all our accumulated experiences of the past. The personality consists of 3 layers: thoughts, feelings and the physical body. The personality consists of all ideas, feelings, and learned concepts, which we have been taught by parents, by teachers and by society. The personality is also a defense and a separation from life. The personality is a "no"-attitude towards life though our separate ideas, desires, ambitions and concepts.

The inner being, the authentic self, is a "yes"-attitude towards life. The inner being is the door to oneness with life. In the inner being, we begin to experience the original life source beyond the layers of personality. The inner being is the inner place, which is beyond conflict and duality. In the inner being, we can rest in ourselves. We can rest in a presence, in a silence and emptiness, without fighting, without trying.

In this presence, there is no sense of "I". Just a presence, a light, a joy and a truth in the moment. The personality gives us the feeling that we are somebody special, but in reality we are no one at all. And to be nobody is the greatest joy there is. To be a nobody, a presence, a silence, a

nothingness, is to be one with ourselves. And to be one is to be in joy.

Life is continuously communicating with us and it is a valuable experience to look back and see how life — despite my sleep, unconsciousness, lack of trust and resistance — continuously has guided me towards a greater awareness that life is one. Life has continuously lead me to the people I need to meet, to the situations I need to experience and to the places where I need to be. There has never been any real reason to worry since we are all small rivers already leading to the ocean, to the whole.

Awareness is not about swimming faster or fighting with life, it is about relaxing and floating with life in a basic trust that life is already leading towards the ocean of consciousness, towards the whole.

Awareness is to be true to who and where we are in the moment.

With less important things you can compromise, but with the important and meaningful things in life you cannot compromise.

Our spiritual development depends on our “yes” and commitment to our own growth.

**Awareness is about discovering
a love, acceptance and respect
for ourselves as we are**

When we begin to take responsibility for our own development, things begin to happen by itself. It is like Existence supports our decision to develop.

Look for the light and the possibilities in all situations. See what you can learn in all situations. In this way you can use all situations to grow.

Everything of real value is already within ourselves.

The challenge for the 21-century is the Silent Revolution of the Heart. It is not a revolution within an organisation or a land in the traditional sense with violence, madness and blood shed. It is a revolution in human consciousness. In the society today, there exists a deep division between the inner and the outer world, between intuition and intellect, between male and female qualities, between rest and activity and between outer knowledge and inner wisdom. There is a fast technological development in the society, but we seem to forget the most important factor: ourselves.

The 21st century means an inner awakening. It means a time to grow up. Many people talk about spirituality, meditation and inner development, but it does not seem to change their lives. Our spiritual development depends on our own commitment to our own growth. We can use our free will to grow or we can choose not to grow. This is the freedom that life gives us and it is our own responsibility, but

it seems to be few people that accepts the challenge of life to grow.

The 21st century represents a crossroad and a choice between the separation of ego and the vision of the heart. The silent revolution of the heart is a shift in human consciousness from the short-sighted perspective of the ego to the focus of the heart on love and the needs of the other. It is a shift in consciousness from the endless desires of the ego to the vision of the heart of love, joy, acceptance, wisdom and wholeness. When we follow the way of the ego, it only leads to struggle, conflict, separation and exhaustion. The way of the heart means to learn to listen to the voice of our heart, to our inner source of love, joy, truth and wisdom. It is to be in a deep harmony with Existence.

When our heart is closed it creates an isolated and lonely feeling together with the attitude: "Nobody loves me", "nobody cares about me" and "life is a struggle", which makes us not see the love that is all around us. It is when we open our heart that we discover a sense of unity in love with other people, with the trees, with nature, with the sea and with the sky. This is the silent revolution of the heart.

The human heart is the solution to the problems of the world. The human heart contains all the answers. The human heart has the capacity to expand and embrace the whole earth.

People in spiritual organisations also tend to get caught up in ideas of how it should be. They get

caught up and in the need of the ego to create hierarchies with power, status, positions, roles, norms and conformity. I have been teaching in organisations on the theme Awareness and organisation, where the awareness of the difference between acting out of ego and acting out of awareness has created a new flow in the whole organisation.

There are many political, economical and religious interests, who are interested in that we do not develop a trust in ourselves since people who trust themselves and are in contact with their own inner source of truth are difficult to manipulate and control. The first step for a seeker of truth is to not allow other people to manipulate or control them.

One of the largest neuroses of modern times is the need to have power over other people. This is not described as a neurosis by modern psychiatry, but in a more enlightened society it will be seen as neurotic behaviour.

There are basically two kinds of people: those that seek power and outer recognition and those that seek love, truth and inner wholeness.

Humanity as a whole is in-between power and the heart in its psychological and spiritual development process towards spiritual maturity. The next step for humanity as a whole is to realise that real power is love and compassion.

After an intensive period of work, I lived during 6 months on the beautiful and magical island of Crete

in Greece. I rented a house in a small fishing village. The house was situated on the hill of a mountain and in one direction the ocean stretched out boundless to the horizon and in the other direction the mountain was rising majestically towards an endless clear blue sky. During the 6 months I lived on Crete, it struck me many times that the incredible beauty of life is that it is a mystery. If life would be as simple as two plus two is four, and then the whole problem of life would be solved, life would become unbearable boring and tedious. The greatness and beauty of life lies in the fact that it is an unknowable mystery, which can only be understood by living it – and ultimately by becoming one with it.

There are two distinctly different ways to meet every little precious moment of life. The first way is to say “no” to the reality of the moment, to say “no” to what “is” in the situation. To say “no” means to resist the reality of the moment. It is to create a separation to what “is” in the moment. The other way is to say “yes” to the reality of the moment. It means to invite, accept and embrace the living reality of the moment.

All places are spiritual places for those who have eyes to see.

Life is development. Life is change. If a person does not develop, it does not mean that the person stands still – it means that the person is going backwards.

What is trust in life? Trust is an attitude to life. It means to open our heart to life. It means to travel with an open heart into the unknown. It means to dare to take the jump into the unknown. It means to let go of our separate ideas, attitudes and expectations and allow life to guide us. It means to live in a deep harmony with life, without expecting life to fit with our ideas and expectations.

A friend of mine died recently, which made me meditate over the mystery of death. To my surprise, I felt that nothing really dies in this Existence. Our inner being is part of the limitless, part of the eternal. Death is a bridge over to the other side. Death is a journey into another reality. It is like my friend has move to another country, but we are still in contact on the inner plane. We are still meeting in the limitless ocean of consciousness – and our hearts are still meeting in love. This insight filled me with a deep joy and reverence for life.

What are the difference between idea and preference? It is a large difference between idea and preference. Idea means to have a fixed expectation about how we ourselves should be, about how others should be and about how life should be. When life does not fit with our preconceived expectations, struggle, disappointment and exhaustion occur. Preference means that we prefer that life develops in a certain way, but if the Whole offers us something else we have a “yes” and an acceptance for what the Whole offers. Idea represents an attitude of “no” and a separation from life and preference represents an attitude of “yes” and harmony with life.

Trust in life means to realise that life is not an enemy, but a friend. It means to realise that Existence loves us. It means to realise that life supports us. It means to realise that we are already one with life.

When we learn to meditate, we develop a trust to ourselves and to life. This trust helps us to be relaxed with whatever happens. This trust helps us to come in deeper contact with our inner being, with the source of life within ourselves.

I remember one of my clearest life lessons in how I worry to get things the way I want and how life continuously provides me with exactly what I need. I had finished an education in spiritual psychotherapy at the beautiful lake Lago Maggiore in north of Italy on the border to Schweiz. I had not yet decided if I would go back to Sweden after the education, but when one of the other course participants was going to Sweden the next day, I also decided to go back to Sweden. The only problem was that her return ticket to Sweden was going over Italy, while my return ticket was going over Schweiz. But I decided to take a chance since the final destination Hamburg was the same. On the train I worried and played up scenes in my head of being thrown off the train in the middle of nowhere in Italy. When the Italian conductor came I tried to explain in a mixture of English, Italian, French and expressive body language that my ticket was going over Schweiz, but that I traveled over Italy and that the final destination Hamburg was the same. The conductor first looked at me for a

long while and then he simply took a big black pen and made a large cross over the word “Schweiz” on my ticket and instead he wrote “Italy” with large black letters. Then he handed over my ticket again and left. Later on when we arrived to Hamburg, I began to worry about getting a sleeper ticket to Stockholm. On the train I asked the German sleeper ticket conductor and with German thoroughness he began to consult his lists. Then he informed me that due to a late cancellation, there was one single berth left to Stockholm – and that I could have this.

Our heart is the door to trust life. Opening our heart means to learn to invite the support from Existence. Existence tries in every moment to provide us with exactly what we need with more lovingness, ingenuity and creativity that we ever can imagine.

There is no reason to be lonely, to be separated from life. When we open our heart, there is always support.

Trust in life is to shift perspective from struggling and fighting to get things our way to listening to what the Whole wants.

The more our meditation develops, the more it becomes an inner quality of trust and silence, with which we can meet every moment in life.

An early sunny morning during the fall when the first snow had fallen during the night and the air was high, crisp and clear; I took a walk out in nature on my way to my first morning meeting with

myself over a cup of coffee. In an isolated part of the forest on a very icy uphill path, I meet a young blind woman in her twenties with a cane and a blind dog. She told me that she had lost her way. My heart wanted to reach out to her in her vulnerable situation with a tenderness and respect for her courage and independence. I noticed when we continued to talk that even if her physical eyes did not see, there was nothing wrong with her inner eyes. I was sharply and unsentimentally assessed by her inner eyes. I noticed that I turned my attention within and cleared my voice and energy from any underlying tones of pity or sentimentality with her vulnerable situation. I imagined if I would be in her situation and if I would handle the situation with the same courage, trust and strength that she showed. For a single moment, I love her like a little sister on the path of life with a respect for her courage, trust and strength. This situation was a reminder for me about the lessons that life gives to develop an inner trust to oneself and an outer trust to life itself. It was a reminder how challenges in life mobilize our whole courage and how these challenges can be a blessing in disguise when we accept the challenge. They make us discover a new depth of being and allow us to see opportunities that we otherwise would not have seen.

It is easy to trust life when life goes according to our ideas and expectations, but it is a challenge to trust life when life no longer goes according to our expectations. Often in such situations, I ask myself what trust is in this situation, and invite Existence to guide me. Often this opens a new, fresh perspective to look at the situation. It often

transforms problems and worry over how to get things my way into an unknown mystery of how life will solve this situation.

Even if its is chaos in our life, we can still say "yes" and accept the chaos. We can create a conscious relation to the chaos, which allows us to even enjoy the chaos.

The inner being is a quality of trust to life. The inner being is a silence and emptiness, an inner space, where we can allow life to be as it is. I remember when I was in a situation, where life was not going the way I wanted it to go and I had to make a choice. To make myself clear about my options, I did an individual consultation with a therapist, who said: "You have a lot of silence and trust in your being. In the inner being, there is not so much "yes" and "no" to things." This became a lesson for me in learning to let go of my ideas and expectations and in developing a trust to allow Existence to solve the situation.

When we basically do not "do" anything, Existence keeps us busy.

Ask yourself the question: "What is trust in this situation?" in different situations and listen within to see what your intuition, the source of love, wisdom and wholeness, the inner voice of Existence, wants in this situation. Sometimes the answer will come directly and sometimes it takes some time before Existence is ready to respond, but you will always receive an answer.

10. Silence

Healing comes basically from the silence within ourselves.

Healing is pure love. Love is what creates healing. Silence is the inner source of healing. It is the source of love deep within ourselves, which is our true nature.

**Healing comes basically from the
silence within ourselves.**

What is the heart of meditation? The heart of meditation is an inner quality of silence and emptiness. This is the inner being, the indefinable and limitless within ourselves. It is to watch the pure consciousness without content. It is to watch the clear blue sky of consciousness without any clouds that hides the sky. It is to understand who we are beyond words. It is a direct existential insight into who we really are.

11. Truth

Truth is a quality in the moment. It arises when we have trust in what happens and are in contact with what Existence wants us to do. This quality makes the moment shine with a joy and inner satisfaction.

There are basically two different ways to relate to the moment. The first way is response and the second way is reaction. Response is a fresh and alive action from the heart in the moment. Response is to be open and available to what is real and authentic in the moment. Response is to respond with the truth in the moment. It is a love for the truth in the moment. Reaction is to act out of the past. Reaction is to act out of our ideas, attitudes and preconceived concepts about how we ourselves, how other people and how life should be.

**Our heart is the door to allow
Existence to guide us.**

Healing happens when we say "yes" to the truth in the moment. Healing happens when we accept the reality of the moment with a love for how the moment is.

Early in this life I lost two of the people, who I loved immensely. First when my mother died when I was 15 years old and then when my father died when I was 21 years old. This early meeting with death led to an early spiritual awakening and awoke early the fundamental existential questions in me: "Who am I?" "What is the meaning of life?" and "Where am I going?" It made me ask myself early what is really important and meaningful in life. This early meeting with death created a fundamental inner feeling of aloneness in me, a sense of not being loved and a feeling of meaninglessness in me. It was an insight for me, when I many years later in a relationship with a woman could express that I felt alone, and the other person did not leave me or stopped loving me.

This meeting with death created also early independence and a fundamental sense of aloneness in me. In the beginning this aloneness was only painful and every time I went deeper into love and relationships, it was like death was staring back at me. This made me painfully aware of my own fundamental inner aloneness. It also made me aware that the deeper we go into love, the more we find our own inner aloneness.

This meeting with death also early made my intuition, my inner source of love, truth and wisdom, my inner teacher and guide in life. Instead of being directed from without, of being directed by other people and outer circumstances, it early made me directed from within, from my inner source of love, truth and silence.

It was first after many years that I had short

glimpses of another kind of aloneness. It was a meditative aloneness in which I could rest in myself and in my own inner aloneness as a source of love, joy and silence. It was glimpses of a pure aloneness in which I could be so happy and satisfied in myself that I did not need anybody or anything outside of myself. And I also noticed that this meditative aloneness could be an inner door to that which is larger than myself, that it could be a door to oneness with Existence.

Before I was 15 years old, I was also close to die two times through drowning. I can still remember with crystal-clear sharpness how this experience gave me an ice-cold insight that I will never die. It was an insight that there was something inside myself, which will never die and which is part of the deathless and eternal. This insight shock up my whole image about myself and about life.

This early meeting with death created a kind of spiritual dissatisfaction in me. It created a thirst, a longing and a restlessness in me after something that I could only vaguely sense, but which I did not really know what it was. This spiritual dissatisfaction, this thirst and my own intuition became my beacons far out on an unknown, dark and open sea after something that I did not really know what it was. This led me to begin to meditate when I was 15 years old.

My first passion in life when I was 15 years old was to become an actor, which I also worked with until I was 23 years old. Working as an actor taught me a lot about empathetically understanding other people and about life. It was first after I had

worked as an actor for a number of years, that I realized that this early passion for theater was really an unconscious search for a spiritual discipline. It was when I realized that I had been a disciple to the Russian enlightened master George Gurdjieff in my former life, that I understood my early passion for theater. Gurdjieff used intensive theater techniques in his way of working with his disciples to take them from a state of mind to a state of no-mind, to meditation. When I realized this, I began to feel a thirst to be and work with people in a more direct way in awareness and meditation.

Through following our own heart, we also help other people to follow their heart. Through following our own truth, we also help other people to follow their truth.

Healing is the way of the heart. To open our heart means to invite truth in our life. Our heart is the door to allow Existence to guide us.

12. Wisdom

Intuition is our inner source of love, truth and wisdom. The more we trust our intuition, the more we have access to this inner source.

My own path has always been to trust my intuition and myself. My intuition has always been my inner teacher and guide in life – even long before I was even aware of this fact. I have always trusted my own heart, my own love, light, truth, wisdom and intelligence - and it has always led me right. It has led me right even when trusting my own heart has meant to go against the flock, when it has meant to go against others or when it has meant to put up creative boundaries against that which does not fit with my heart, with my own truth.

**Wisdom is the insight that we
are one with life**

The most valuable insight I have got through my own inner journey is how Existence continuously has guided me towards a greater awareness that life is fundamentally one. Existence has continuously guided me with a greater lovingness and caring than I ever could imagine. Long before I was even aware of it, life has continuously guided me through

periods of love and aloneness, joy and sadness, light and darkness, success and failure and negative and positive experiences. My own inner journey towards awareness and meditation has step by step developed the trust, sensitivity and subtle listening, which is necessary to surrender to life and to allow life to be my teacher.

The ultimate wisdom is the insight that we are not separated from life. Wisdom is the insight that we are one with life, one with the Whole.

13. Enlightenment

- One with the Whole

What is enlightenment? The word "religion" originally means "to return to the source". It means to rediscover the contact with our inner being, with the source of life within ourselves. The deepest pain in our heart is that we are disconnected from our inner being, we are separated from life. The deepest thirst and longing in our heart is to return to our being, where we are one with life.

"The most beautiful experience is the mystical", says Albert Einstein in the book *Living Philosophies*. The goal of meditation – if you can talk about a goal in connection with meditation – is enlightenment. In the depth of our being, we are already enlightened. We are an inseparable part of Existence, but we have forgotten our true nature. We have forgotten our inner Buddha. Meditation is the way to discover our inner being, our authentic self, our inner Buddha. Enlightenment is the fruit of meditation. It is to realize the highest attainment in human consciousness. It is to climb the inner Mount Everest. The brilliant philosopher Emmanuel Kant was once asked what enlightenment is and his short answer was: "to grow up."

What the Japanese Zen-tradition call "satori" is a short glimpse of enlightenment. It is like when the lens of a camera opens for a split second and lets the light in. It is a glimpse of the light, of the Whole, which exists as a possibility in each and every moment of life.

I was 9 years old when I had my first glimpse of wholeness. It was early Christmas morning and I was standing in my pajamas in the living room and looked out of the large windows. Outside the white snow flakes silently singled down towards a snow-clad landscape. Suddenly I was filled with a feeling of being one with the slowly dancing snowflakes, one with the silent landscape. I did not understand then that this was my first taste of meditation, but it created a deep thirst and a longing in my heart to return to this natural and effortless experience of being one with the Whole.

Each human being is unique; each human being contains a divine spark, an aspect of God. We are much more than we think we are. The mystery of life is that it is impossible to understand life, but we can live life. We can never really understand life, but we can become one with life. We can become one with the dance of life, one with the ultimate mystery of Existence.

The inner being is the indefinable within ourselves, the ultimate mystery

I remember an insight that taught me much about life. One day I felt that I had everything that I really wanted in life. I had a creative and meaningful work as a therapist and course leader, I had a relationship with a beautiful woman, who I loved and who loved me, I had friend that I trusted and I had money to do what I wanted. But in spite of all this, I still had a feeling that there was something missing in my life. I was not satisfied. The thirst and longing in my heart was still searching for something more. It made me realize that the deepest pain in my heart was that I was still separated from the Whole and that no outer things or relationships could ease this pain.

The deepest pain in my heart is to be separated from life, to be separated from the inner song of meditation, to be separated from the Universal song. The most important thing in my life is to discover the inner song of meditation in my own heart and being. Sometimes I hear this song further away, sometimes I hear it closer to me - and sometimes I am one with it. But the most important thing is that I hear it, which shows that I am on the right track.

Problems can never really be solved; it has more to do with discovering a new perspective of seeing. It is about transcending problems, to grow beyond

problems and discovering a new dimension to be. Instead of seeing things as problems, we can see them as mysteries and wonder how life will solve this situation.

The inner being is the indefinable within ourselves. The inner being is so indefinable that we can experience it, but we can not explain it in words. We can become one with it, but we can not understand it. The inner being is the ultimate mystery of life.

We originally come from the invisible existential source and it is to this source that we return when we die. Death is the unconscious way to return to this original source, while enlightenment is the conscious way to return to this source. Death means to still believe in our separation from life and enlightenment means to realize our innate oneness with Existence.

When I pursued an therapist education in USA 1984, one of the course leaders – who had given personal and spiritual guidance to thousands of seekers of truth all over the world and who I consider one of the best spiritual therapists in the world – said that I was going to get enlightened, that I would ”disappear into the silence”. I did not really understand what he meant then and it was totally absurd for me when other course participants congratulated me afterwards. The thought that I was going to be enlightened was totally absurd for me. For me enlightenment was something that happened to special and chosen persons like Osho, Buddha, Jesus, Lao-Tzu and

Krishnamurti. I did not feel either special or chosen. I did not feel worthy of being enlightened

The whole theme of enlightenment is still too large and overwhelming for me, but I feel that the deepest thirst in my heart and being is to get enlightened, to become one with Existence. I really want to know the mystery of life. I feel that the rare and precious moments when my heart and being vibrates in oneness and harmony with life shows that I am on the right track. The open secret, the existential joke, is that enlightenment is to search for that which we already are.

Enlightenment is really as simple as drinking a glass of water. But because enlightenment is so simple, it is easy to miss. Enlightenment is so close to us that it is easy to miss. It is about realizing that the door to enlightenment has never been closed. It is our own effort and restlessness that keeps it closed.

In love relationships with another person, we can experience short moments of unity and wholeness. But these moments are always followed by separation again, since relationships are a continuous balance between love and freedom, between meeting and parting, between independence and being together and between separation and wholeness. Enlightenment means to discover this wholeness, this harmony with life, within ourselves, without being dependent on anybody or anything.

Enlightenment does not mean to be special or to have an idea to be especially spiritual. There is

nothing special about being enlightened. To be enlightened does not mean to be higher than somebody else - in the same way that a large tree is not higher or better than a little bush or a rose is not more beautiful than a tulip is. Enlightenment just means that we have discovered our authentic inner being, our innate belongingness with life, while somebody else will realize this when the time is ripe. To be enlightened is to be totally ordinary, so ordinary, in fact, that we are nobody at all; we are nothingness, an emptiness. To be enlightened is to be a medium for Existence; to be enlightened is to be a spiritual healer. It is to be a medium for Existence, so that the Whole can sing and dance through us. We become a flute on the lips of Existence through which the existential music can flow.

Existence tries in every moment to give us exactly what we need with more love, compassion and creativity than we can ever imagine. When we trust life, we can relax and allow life to guide us to meet the people that we need to meet, to make the experiences that we need in order to take the next step in our spiritual development.

The essence of life is joy. Joy is the substance of life.

We think that we are separated from life, but in reality we are already one with life. We are an inseparable part of life. We belong to life.

If you want to test how independent you really are from life, then try to hold your breath and imagine

how long you would survive without air. Life is a continuous development between independence and dependence, between love and freedom and between male and female qualities. We need the air, we need the houses and we need the roads. We are not separate from life; we are a part of life.

Existence supports us totally in our thirst and longing to return to the original source. Existence tries in every way to help us to get enlightened, to realize that we are already one with life.

Our world is a mirror of ourselves; our world is a mirror of our own face. We receive exactly what we give ourselves. If we give out love, we receive love back. If we give out anger and hate, we receive anger and hate back. If we want to create a loving world around us, then begin to give love – and love will return to us like pebbles on the water.

Spiritual healing means to heal the split between our idea of being a separate “I” and all that which we already are. Spiritual healing means to heal our separation from life. Spiritual healing is to become a healing Buddha.

One evening when I meditated out in nature, my separation from life suddenly disappeared and changed into a unity with life. Suddenly I was one with life. A joy without reason filled my heart. I was suddenly one with the divine dance. It was a deeply healing experience, a feeling that I was Ok as I am and that Existence loves me. It was a feeling of belonging to Existence. It was an experience of coming home.

When we realize that we are one with life, the world becomes our home. We are at home everywhere.

Enlightenment is like throwing everything up in the air – all our ideas, dreams, expectations, our separate goals, our previous spiritual experiences, all our ideas of who we are – and see what comes down again – if anything.

Enlightenment is not only a question of individual enlightenment; it is also a question of global enlightenment. It is a question of creating a buddhafield, a paradise, on earth.

We all seek enlightenment – independent of if we are aware of it or not. We all seek love, joy, acceptance, silence, truth, freedom and oneness with life. Some people seek enlightenment in unconscious ways through work, power, status, success, money, relationships, and sex or through becoming famous, but it is all the same basic search for enlightenment.

Enlightenment is not only about individual enlightenment, it is also about collective enlightenment. Collective enlightenment means an expansion of consciousness. It means to begin to think in terms of “we”, rather than “I”. To think only in terms of “I” is to act out of the personality. The personality is a separation from life. To think in terms of “we” means to be in contact with the inner being, with the authentic self, with the meditative quality within ourselves, with the inner

capacity to surrender to life. To think in terms of “we” means to be in contact with the inner “yes”-quality. It means to cooperate with that which is larger than ourselves. Collective enlightenment could also be called for spiritual globalization – in contrast to the economic globalization, which is only good for the few and bad for the many. When we realize that all living beings seek enlightenment, that all living beings seek love, joy, truth and freedom, we can develop a sense of compassion for all living beings.

The seventh level of consciousness is placed on top of the head. It is called Unity or crown chakra and relates to open for universal consciousness, to attain the ultimate wisdom.

The seventh level of consciousness relates to learning to know God. It relates to truth, unconditional love, enlightenment and the experience of being one with the Whole. It is a freedom and joy beyond words. The experience of the seventh chakra is an experience beyond words, which is hard to describe in words. It is to be nothing and everything at the same time. It is to discover that we have never really been separated from Existence. It is to be in a deep harmony with Existence. Our separate little river has finally united with the ocean of consciousness, with the Whole.

When we begin to open the seventh chakra, the thousand petaled lotus flower opens. We have learnt the lesson of life. We have grown up. We have become spiritually ripe and our inner tree has finally grown fruit. This unity with the Whole does

not mean that our unique individuality disappears. It means that the richer our life experience is and the more qualities we have developed, the richer the quality of our enlightenment becomes.

A seeker of truth must take the last steps towards enlightenment himself without relying on any outer crutch or authority.

I took a quiet cup of coffee at a coffee shop and when I left the shop, one of these precious moments happened. Suddenly my whole perspective of reality changed from separation to wholeness. I experienced a unity and belongingness with all people that I meet. I experienced that I was one with all people and that all people come from the same invisible source. People have their own unique individuality, but they come from the same source. It is diversity in unity. It was a sheer joy to walk around and experience that I was one with all the people that I meet.

Divine love is to realize that we are one with life. Real love is to realize that in our essence, we are one with the other person, one with the stones, one with the trees, one with the earth and one with the blue sky. It is to realize that all of life is God.

I had a magical day during one Sunday when I walked out in nature. On the outside this day only consisted of taking a walk out in the beautiful sunny weather and cleaning my apartment, but on the inside everything suddenly changed. When I walked out in nature in the sunny weather, a silent explosion suddenly happened within me and my

whole perception of reality changed. In a single moment, everything had changed, although nothing on the outside had really changed. Everything on the outside was exactly as before, but my way of seeing had changed. The difference was that before I did not see and now I could see. My eyes were open. Suddenly I was one with everything, one with the stones, one with the trees and one with the people that I meet on my walk. My heart danced with joy together with a feeling of: "I am God". Not that I am the creator of everything, but that I am part of the Whole, part of the divine. It felt like coming home, that Existence is my home. I also saw that even if the people that I meet did not understand that they are a part of the Whole, they still are a part of the Whole. I felt the waves of Existence in my own heart and being and I felt like a small wave in a great ocean. It gave a taste of the eternal, a taste of the limitless and boundless source of creativity. In just a few moments, I learnt more than during 20 years in university. Wisdom is basically the understanding that we all are part of the Whole. We are all small rivers moving towards the ocean. I laughed at the fact that enlightenment is really our innate birthright and that small children already lives in this mystical unity with the Whole.

Enlightenment is a total "yes" and acceptance of ourselves. It is to love ourselves as we are.

Enlightenment is to live, love and be from the inner being, from the inner life source.

Enlightenment is to discover our authentic inner being, our unique flavor and quality, our true

individuality. It is not about trying to imitate somebody else.

Enlightenment is the phenomenon of "disappearing" into the Whole, to become so one with the larger flow of the Whole that it starts to sing and dance through us.

When we live in contact with our inner being, we find ourselves in an alive, intimate and expanding relationship with Existence.

Enlightenment is not a static phenomenon; it is to say "yes" to the truth of the moment. It is to embrace the living reality of the moment. Enlightenment is a dance with life, a dance of eternity.

The insight of enlightenment is the same in everybody, but the way to express the quality of enlightenment is different depending on the flavor, quality, life experience and individuality of the person.

Enlightenment is not an end; it is a new beginning, which has no end. It just means that we realize that we are one with life – and that life is a dance of joy.

The dimension of being is a love affair with love. It is to return to the original source. It is to be one with life. It is to come home.

Enlightenment is to be in intimate contact with the healing ocean. It is when the drop disappears into the ocean, into the Whole.

In-spiration:

Daily meditation

As a way to in-spire yourself daily, you can use The Silent Whisperings of the Heart as a meditation and a daily source of inspiration.

The Silent Whisperings of the Heart consists of a collection of quotes from Giten. By daily finding an inspiring quote, you can receive inspiration both in relation to yourself, in relation to other people, in relation to creativity and in relation to life itself.

Go to The Silent Whisperings of the Heart, turn your attention within and ask your intuition to guide you to an inspiring quote for this day. Then open a page and let your intuition guide you to the right quote and meditation for this day.

Bring this quote with you during the day as a meditation, think about it and share it with friends. By allowing this meditation to inspire both yourself and others, it can contribute to the Whole.

SWAMI DHYAN GITEN was trained in modern psychology at the University of Stockholm, and in Eastern methods for awareness and meditation in USA, Italy, Sweden and India. He has 22 years of experience in individual counseling and in teaching awareness. He works internationally with seminars, courses and longer development programs in the areas of: awareness, meditation, intuition, relationships, inner man/inner woman, healing, creativity, The Sacred Yes - The Art of Spiritual Healing and Presence — Working from Within: Working with people from love & awareness. He also works as a teacher and consultant to companies and organizations seeking to raise awareness in their organizations.

Since he began to meditate when he was 15 years old, he has dedicated his life to the study and exploration of the inner journey in order to move out of his own way, to be in a flow, and to discover the authentic inner being, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life.

When he pursued an education in healing in USA 1984, he was told that he had the capacity to become a crown chakra healer, a spiritual healer, to act as a channel and instrument for spiritual energy from the 7th chakra through the heart. The last 20 years has meant to deepen and develop this capacity.

He is author of the book ***Song of Meditation - About Meditation, Relationships & Spiritual Creativity*** (Solrosens forlag, Swedish edition, 2001), which was selected as the book of the month by Life Energy Book Club, one of the largest quality book clubs in Sweden. He is currently writing his third book ***Presence – Working from Within: Working with People from Love, Truth and Wholeness***.

His three creative areas in expressing the inner song of meditation in outer form are teaching, writing and painting. His meditative art is recognized internationally and have been nominated for the international art exhibition, **The Florence Biennale** in Italy, which is arranged in cooperation with The United Nations. His meditative art is also represented in The World Artist Directory for Accomplished Artists.

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